

Physical Education

Unit 1:

- 1: Skeletal system
- 2: Muscular system
- 3: Respiratory system
- 4: Cardiovascular system
- 5: Aerobic and Anaerobic exercise
- 6: Principles of Training
- 7: Methods of Training
- 8: Optimizing Performance and Preventing injury
- 9: Use of Warm ups and Cool Downs
- 10: Use of Data

Unit 2:

1. Sports Psychology
 - Classification of skills
 - Goal setting and SMART targets
 - Information Processing Model
 - Guidance and feedback
 - Mental Preparation
 - Arousal Theory
2. Socio-Cultural Influences
 - Engagement Patterns
 - Sponsorship and Media
 - Ethics (including drugs and hooliganism)
3. Health and Fitness
 - Physical, Emotional and Social health
 - Sedentary lifestyle
 - Energy use, diet, nutrition and hydration