

Command Words

And Useful Phrases

in Physical Education

Outline – state details



Includes
Is called
Looks like
Is characterised by

Identify - Name



Is a
Is the
Refers to
Is called
Are called
Is the process of



Explain – Why? How? When?

This is because	Therefore	The reasons for
Through	This means	As a final point
Due to		

Justify – give evidence to support your answer



I think
I believe
The reason for this is
Since
The evidence shows
Because of this
Evidently
As a result of
This is because

Describe – give details about



Is	Is composed of
Is not	Includes
Is characterised by	Looks like

Summarise – give main points of



Is characterised by	Another point is
Is composed of	Moreover
The main features are	Further more
Consists of	

Suggest – give a possible solution – Apply K&U



I believe	We should consider
In my opinion	Another suggestion
One possibility is	An alternative is

Analyse – Break into points and explain



Firstly	Secondly	This causes
Evidently	As a result of this	This is because
This means that	Therefore	

Compare – Give similarities and differences



Similarly	In opposition	Nevertheless
In contrast	An alternative is	However
Whereas		

Discuss – Talk about key points



Let me start by	I do not agree with
I strongly agree with	On the one hand

Evaluate – Judge from both sides and conclude



A strength is	A disadvantage is	Whereas
A weakness is	On the one hand	Similarly
An advantage is	In contrast	In conclusion

Student Walk thru

1

PLAN YOUR SESSION AND HAVE NOTES AND FACTS READY SO YOU NOT WASTING TIME.

2

SPEND 20 MINUTES MAKING NOTES LEARNING THE KEY CONCEPTS, USE DIAGRAMS IF NEEDED.

3

TAKE A REST OR CHANGE LEARNING ACTIVITY. (20 MINS)

4

SPEND 10-15 MINUTES RECALLING KEY CONCEPTS LEARNT AND EXAMPLES IN ACTION.

5

TAKE A REST OR CHANGE LEARNING ACTIVITY. (20 MINS)

6

MEMORY RECALL WHAT CAN YOU REMEMBER FROM THE SESSION. TEST/QUIZ YOURSELF.

7

MARK, CHECK BACK YOUR ANSWERS. WHERE WERE THE MISTAKES MADE?

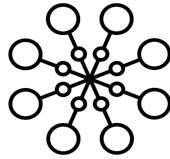
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READ OVER NOTES NEXT SESSION.

SPACED LEARNING FOR GCSE PE

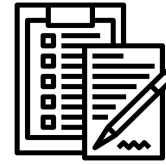
**INTERLEAVING – MEANS REVISITING LEARNT MATERIAL

Student Walk thru SERIES



2

SPEND 20 MINUTES MAKING **NOTES AND DIAGRAMS** OF TOPIC AREA, USE BOTH TYPES TO LINK LEARNING IDEAS.



1

TOPIC **PRINCIPLES OF TRAINING** – HAVE NOTES AND DEFINITIONS AND LEARNING MATERIAL READY – ALONG WITH QUESTIONS AND TASKS.



START



3

REST OR CHANGE OF ACTIVITY 20 MINUTES. COMPLETE 2 CIRCUIT EXERCISES WHILST YOU ABSORB INFORMATION



4

****RECALL THE MAIN CONCEPTS OF S.P.O.R.V** LINK THEM TO EXAMPLES. DO THIS WITH **NO NOTES IN FRONT OF YOU.** AGAIN USE DIAGRAMS AND NOTES



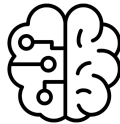
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REST OR CHANGE OF ACTIVITY 20 MINUTES, PUT NOTES AND LEARNING MATERIALS AWAY NOW!



6

QUIZ, TEST YOURSELF, WITH CARDS OR QUESTION PROMPTS ON PRINCIPLES AND HOW THEY RELATE TO TRAINING.



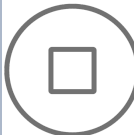
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NEXT SESSION **READ NOTES, CORRECT ERRORS FROM FEEDBACK,** INFORMATION RETAINED* **RETAKE TEST IF NECESSARY.**



7

FEEDBACK, WHAT DID YOU RECALL? WHAT NEEDS WORK?



FINISH

* THAT IS THE THEORY – REPETITION IS KEY

Introduction to Physical Education

Written examination: 2 hours 50% of qualification 100 marks

Learners will be assessed through a range of short and extended questions.

The questions will be based on audio-visual stimuli and other sources.

The subject focuses on **five** key areas.

1. Health, training and exercise
2. Exercise physiology
3. Movement analysis
4. Psychology of sport and physical activity
5. Social-cultural issues in sport and physical activity

Unit 1 - Health, training and exercise

Health / fitness / wellbeing / sedentary lifestyle / nutrition / energy balance / components of fitness / health related / skill related / fitness testing / administration / methods of training / training zones / principles of training / warm up & cool down / physical / mental / social / obesity / hyperextension / self esteem / stress / carbohydrates / fats / protein / vitamins / minerals / fibre / water / hydration / saturated fats / unsaturated fats / complex / simple sugars / balances / positive / negative / cardiovascular / muscular endurance / muscular strength / flexibility / body composition / agility / power / reaction time / balance / coordination / speed / static / dynamic / explosive / reliability / validity / continuous / fartlek / interval / weight / plyometrics / circuit / aerobic / anaerobic / weight loss / specificity / progression / overload / variance / FITT

Unit 2 – Exercise Physiology

Bones / skeletal system / muscular system / location / functions / synovial joints / movement / muscle groups / muscle fibres / structure / heart / cardiovascular system / cardiac values / pathway / air / gaseous exchange / breathing rates / aerobic / anaerobic / short term effects / long term effects / ball & socket / pivot / hinge / tendon / ligament / movement / support / protection / production red blood cells / abduction / adduction / rotation / circumduction / flexion / extension / cartilage / smooth muscle / cardiac muscle / involuntary muscle / voluntary muscle / slow twitch / fast twitch / type I / type II / deoxygenated / oxygenated / pulmonary system / systemic system / heart / vasodilation / vasoconstriction / thermoregulation / stroke volume / heart rate / cardiac output / tidal volume / vital capacity / minute ventilation / oxygen debt / lactic acid

Unit 3 - Movement analysis

Muscle contractions / movement analysis / planes / levers / axes / sports technology / isometric / isotonic / antagonistic pairs / agonist / antagonist / eccentric / concentric / fulcrum / load / effort / frontal / vertical / sagittal / transverse / mechanical advantage / performer / coaching / officials / spectators / sponsors / sport

Unit 4 - Psychology of sport and physical activity

Goal setting / Basic information processing model / feedback / guidance / stages of learning / mental preparation / motivation / skilled performance / classification of skill / types of practice / performance goals / outcome goals / short goals long goals / specific / measurable / agreed / realistic / time phased / input / decision making / output / feedback / selective attention / short term memory / long term memory / intrinsic feedback / extrinsic feedback / knowledge of performance / knowledge of results / cognitive / autonomous / associative / visual / verbal / manual / mechanical / intrinsic motivation / extrinsic motivation / technique / whole / part / fixed / variable / basic skill / complex skill / open skill / closed skill / skill / ability / self paced / externally paced

Unit 5 - Social-cultural issues in sport and physical activity

Social – cultural issues / factors / affecting / participation / school physical education programme / strategies / initiatives / commercialism / sponsorship / media / ethical issues / family / gender / society / peers / age / race / cost / access / role models / disability / National Curriculum / government / globalisation / financial / facilities / sportsmanship / deviance / gamesmanship / performance enhancing drugs / data / identify / command word / explain / list / analyse / identify / state / justify / quantitative data / qualitative data