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|  | ☺ | ☹ | Ask! |
| I can name all of the components. |  |  |  |
| I can write the definition for each component of fitness |  |  |  |
| I know the fitness test for each component of fitness |  |  |  |
| I know the principles of training according to the acronym PROS |  |  |  |
| Within overload I know what FITT stands for |  |  |  |
| I can give examples for each part of FITT relating to a training programme, for example frequency means the more times per week you train the fitter you become |  |  |  |
| I know the 7 different types of training |  |  |  |
| I can describe each type of training using key words |  |  |  |
| I know which sports each type of training would be good for and can name performers in that sport |  |  |  |
| I know the difference between aerobic and anaerobic exercise |  |  |  |
| I know which activities are aerobic, anaerobic or use a combination of both |  |  |  |
| I know what lactic acid is and its effects on the body |  |  |  |
| I can describe the short term effects of exercise in relation to the heart including heart rate, stroke volume and cardiac output  |  |  |  |
| I can describe the short term effects of exercise in relation to the lungs including respiratory rate, tidal volume and minute volume |  |  |  |
| I know what the vascular shunt mechanism is |  |  |  |
| I know the long term effects of exercise in relation to the heart including heart rate, stroke volume and cardiac output  |  |  |  |
|  I know the long term effects of exercise in relation to the lungs including lung volumes and rate of recovery |  |  |  |

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| How do I revise? * Go through Revision sheets!
* Make flash cards/revision cards of key terms and spellings
* Make spider diagrams for lists of information, Make up mnemonics for lists of key terms
* Use a highlighter to highlight key words in your exercise book
* Research practice exam questions on the OCR Website <http://www.ocr.org.uk/qualifications/gcse-physical-education-j587-from-2016/assessment/>
* Visit the BBC Bitesize Website <https://www.bbc.co.uk/education/examspecs/ztrcg82>
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