

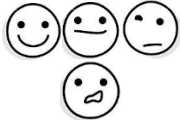
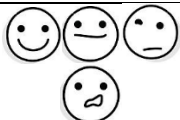
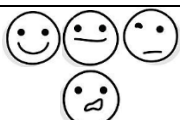
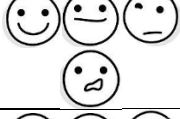
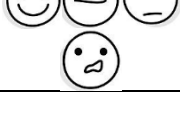
Subject	Revision materials
Art	Students must complete prep work of AO1, AO2 to prepare a final design for the exam piece.
Photography	Students must complete prep work of AO1, AO2 to prepare a final design for the exam piece.
Business Studies	All topics covered in Y11 (up until Christmas) and topics 1.1-1.5 from Y10.
Economics	Economic Growth, Low Unemployment, Fair distribution of income, Price Stability, Fiscal Policy, Monetary Policy and Supply side Policy.
Catering	Unit 1.1, 1.2, 1.3 and 1.4 – Revision books provided for over Christmas.
D+T	<p>All topics will be covered: AQA D&T Textbook (blue) https://www.bbc.co.uk/bitesize/examspecs/zby2bdm https://senecalearning.com/en-GB/ https://www.technologystudent.com/despro_flash/NEW_GCSE3.html</p> <p>Particular revision on - smart & modern materials, categories and specific types of timbers and their properties, planned obsolescence, gear trains, aesthetics, wood turning or metal casting process, health and safety, types of production methods, ergonomics and anthropometrics, orthographic drawing and one point perspective.</p>
Engineering	Multiple choice - random topics from any part of the course, Production - Mass, Batch, One off, Materials - Metals, Plastic, Composites, Manufacturing techniques - Measuring, Marking out, Cutting, Machining, Bending, Joining, Finishing, CAD/CAM, Mathematical calculations, Electronics - Components, Circuits, Calculations, Flow charts, Health & Safety, Mechanisms - Types, Calculations, Environmental issues, Drawing different types of graphs, Engineering drawings - Orthographic, Isometric, Anything from current NEA and year 10 practical is also relevant.
Food Technology	Cooking methods, Nutrition and the Eatwell Guide, Eggs (nutrition and function), Modern technology in the food industry, Factors that influence food choice, Food provenance and sustainability, food safety and hygiene, Life stages.
English Language	<p>P1: Q1-4 -Reading analysis of a singular fictional extract. Q5 – write a description or narrative.</p> <p>P2: Q1-4 – Reading analysis of two non-fiction texts. Q5 – write a transactional piece.</p>
English Literature	<p>P1: Section A: Shakespeare – Macbeth Section B: 19th Century – A Christmas Carol by Charles Dickens</p> <p>P2: Section A: Modern Prose – An Inspector Calls by J.B. Priestley Section B: Anthology Poetry – A comparison of two poems from the Power & Conflict Anthology</p> <p>Section C: Unseen poetry – 2 questions analysing 2 unseen poems.</p>
Geography	<p>The Challenge of Natural Hazards The Living World Physical Landscapes in the UK</p>

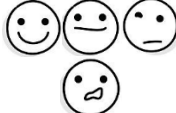
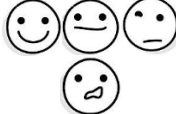
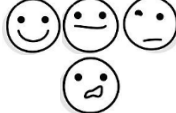
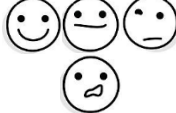
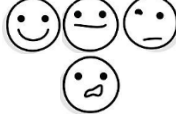
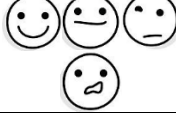
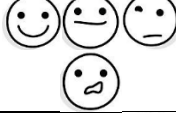

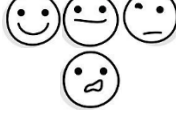
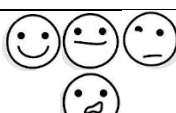
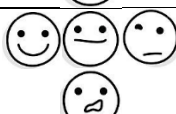
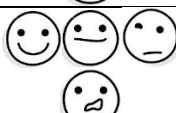
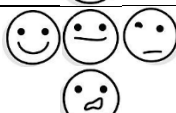
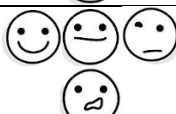
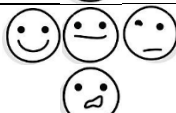
Child Care	Activities and toys that support development Adapting activities to support individual needs Internet safety for young children Stages of play Transitions
Health and Social Care	PIES, Life Stages, Types of Support, Care Needs
History	See below.
Computer Science	1.1 Systems architecture 1.2 Memory and storage 1.3 Computer networks, connections and protocols 1.4 Network security 1.5 Systems software 1.6 1.6 Ethical, legal, cultural and environmental impacts of digital technology 2.1 Algorithms 2.2 Programming fundamentals 2.3 Producing robust programs
Statistics	Binomial Distribution, Comparative Pie Charts, Cumulative Frequency, Frequency Tables, Hypothesis/Conclusion, Mean, Probability Tree Diagrams, Questionnaires, Random Sampling, Reading from Tables, Scatter Diagrams, Skew, Standard Deviation, Standardised Scores, Stem and Leaf Diagrams, Time Series and Weighted Index Numbers.
French	Students to revise using their exercise books, Revision Guides and Workbooks and to access the Edexcel course on Seneca as well as Quizlet.
Spanish	Students to revise using their exercise books, Revision Guides and Workbooks and to access the Edexcel course on Seneca as well as Quizlet.
Music	This will cover all set works, dictation and unfamiliar listening allowing students to gain the experience of sitting a full GCSE Paper
OCR Sport	Major sporting events, performance enhancing drugs, drugs and how they are tested, national governing bodies, sportsmanship + etiquette, Olympic creed + values.
Sport Studies	See below
Drama	Component 1: Roles & responsibilities in the theatre; stage directions & configurations; Live Theatre Review; acting terminology; Things I Know To Be True context and plot. Component 3: all students should be off-script by this point.
RE	This mock will cover 2 Year 10 Topics <ul style="list-style-type: none"> • Christian Practices • Islamic Beliefs 2 Year 11 Topics <ul style="list-style-type: none"> • Relationships and Families • Religion and Life Please speak to Mrs Roberts-Commons or Mrs Varley regarding revision resources. Tuesday lunchtime and Thursday after school for revision sessions.
Biology – combined	The Human and Nervous System: Principles of homeostasis The structure and function of the nervous system Reflex actions

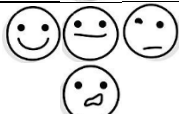
	<p>Hormonal Co-ordination: Principles of hormonal control The control of blood glucose levels Treating diabetes Human reproduction. HIGHER ONLY: The artificial control of fertility The role of negative feedback Hormones and the menstrual cycle Infertility treatments.</p> <p>Reproduction: Types of reproduction Cell division in sexual reproduction DNA and the genome Inheritance in action More about genetics Inherited disorders Screening for genetic disorders.</p> <p>Variation and Evolution: Variation.</p> <p>Adaptations, Interdependence and Competition: The importance of communities Organisms in their environment Distribution and abundance Competition in animals Competition in plants Adapt and survive Adaptation in animals Adaptation in plants.</p>
Chemistry – combined	<p>Rates and Equilibrium: Rates of reaction Collision theory and surface area The effect of temperature, concentration and catalysts Reversible reactions Energy and reversible reactions Dynamic equilibrium. HIGHER ONLY: Altering conditions (Le - Chatelier's Principle)</p> <p>Crude Oil and Fuels: Hydrocarbons Fractional distillation of oil Burning hydrocarbon fuels Cracking hydrocarbons</p> <p>Chemical Analysis: Pure substances and mixtures Analysing chromatograms Testing for gases</p> <p>The Earth's Atmosphere: History of the Atmosphere The evolving atmosphere Greenhouse gases Global climate change Atmospheric pollutants</p>
Physics – combined	<p>Molecules and matter: Density of liquids, irregular solids and regular solids. States of matter. Changes of state. Internal energy. Specific latent heat. Gas pressure and temperature. Specific heat capacity. Latent heat. HIGHER ONLY: Calculating gas pressure using Boyle's law. Doing work on a gas. Insulation required practical.</p> <p>Conservation and dissipation of energy: Changes in energy stores. Conservation of energy. Gravitational potential energy stores. Kinetic energy and elastic stores. Energy dissipation. Efficiency. Power.</p> <p>Electric circuits: Potential difference, current and resistance. Component characteristics. Series circuits. Parallel circuits. IV graphs. Thermistors and LDRs.</p> <p>Electricity in the home: Methods of generating electricity. Energy and the environment. Alternating current Cables and plugs Electrical power and potential difference. Electrical currents and energy transfer. Electrical power and efficiency. HIGHER ONLY: Static electricity and electric fields.</p> <p>Radioactivity: Atomic structure. History of the atom. The discovery of the nucleus Alpha, beta and gamma radiation. Decay equations.</p>

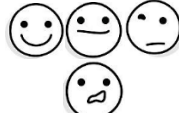
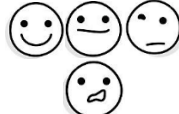

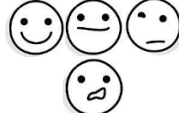
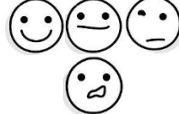
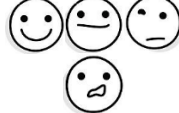
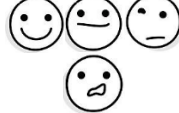

	<p>Activity and half-life. HIGHER ONLY: Background radiation. Fission and fusion.</p> <p>Forces in Balance: Vectors and scalars Forces between objects Resultant forces Centre of mass HT - Parallelogram of forces HT - Resolution of perpendicular forces. HIGHER ONLY: Moments and gears. Pressure in fluids. Atmospheric pressure.</p> <p>Motion: Speed and distance-time graphs Velocity and acceleration Velocity-time graphs Analysing motion graphs HIGHER ONLY: Impulse.</p>
Construction	<p>1.1 - The Sector</p> <p>1.2 - The Built Environment Life Cycle</p> <p>1.3 - Types of Buildings and Structures</p> <p>1.4 - Technologies and Materials</p>
iMedia	<p>1.1 Media Industry Sectors & Roles</p> <p>1.2 Job Roles in the Media Industry</p> <p>2.1 Style, Content & Layout</p> <p>2.2 Client Requirements</p> <p>2.3 Audience Demographics</p> <p>2.4 Research Methods</p> <p>2.5 Media Codes</p>
Maths	See below.

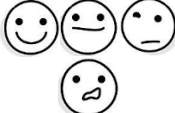
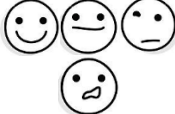
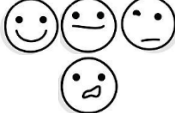
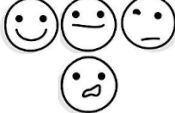
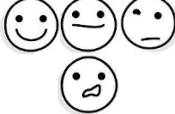
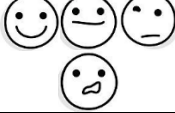
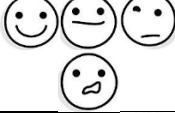
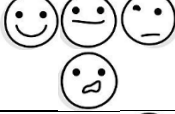
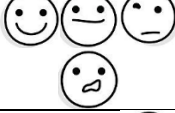



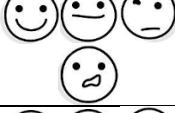
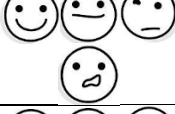

History:

























GCSE History – Topic List			
Paper 2 – Superpower Relations (Cold War)			
Topic	Sub-topic	How good is your knowledge?	Actions: How have you improved your knowledge?
The origins of the Cold War, 1941–58	The Grand Alliance in WWII. The outcomes of the Tehran, Yalta and Potsdam conferences.		<ul style="list-style-type: none"> ○ Quiz ○ Practice question
	The Long and Novikov telegrams and the creation of Soviet satellite states in Eastern Europe.		<ul style="list-style-type: none"> ○ Quiz ○ Practice question
	Truman Doctrine and Marshall Plan.		<ul style="list-style-type: none"> ○ Quiz ○ Practice question
	The creation of Cominform, Comecon and the formation of NATO.		<ul style="list-style-type: none"> ○ Quiz ○ Practice question
	The Berlin Crisis (blockade, airlift and consequences).		<ul style="list-style-type: none"> ○ Quiz ○ Practice question


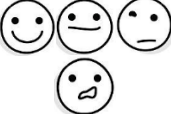
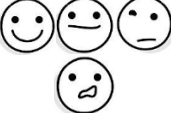
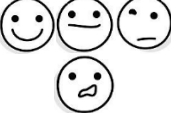
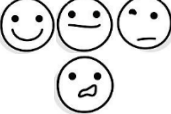
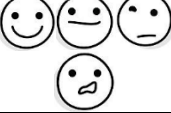
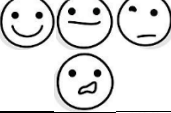
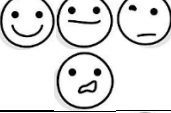
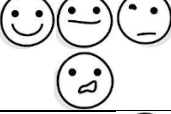
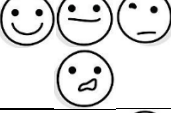
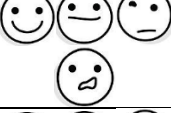
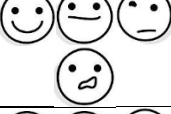
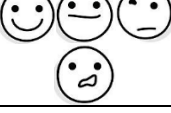
	The Arms Race		<ul style="list-style-type: none"> ○ Quiz ○ Practice question
	The Creation of the Warsaw Pact		<ul style="list-style-type: none"> ○ Quiz ○ Practice question
	The Hungarian Uprising		<ul style="list-style-type: none"> ○ Quiz ○ Practice question
Cold War crises, 1958–70	The refugee problem in Berlin and Khrushchev's Berlin ultimatum.		<ul style="list-style-type: none"> ○ Quiz ○ Practice question
	The Berlin Crisis (Conferences in Geneva, Camp David, Paris and Vienna)		<ul style="list-style-type: none"> ○ Quiz ○ Practice question
	The building of the Berlin Wall		<ul style="list-style-type: none"> ○ Quiz ○ Practice question
	Cuba: The Bay of Pigs Invasion		<ul style="list-style-type: none"> ○ Quiz ○ Practice question
	The Cuban Missile Crisis		<ul style="list-style-type: none"> ○ Quiz ○ Practice question
	The consequences of the Cuban Missile Crisis: the 'hotline' and attempts at arms control.		<ul style="list-style-type: none"> ○ Quiz ○ Practice question
	The 1968 Prague Spring		<ul style="list-style-type: none"> ○ Quiz ○ Practice question
	The Brezhnev Doctrine and the re-establishment of Soviet control in Czechoslovakia.		<ul style="list-style-type: none"> ○ Quiz ○ Practice question
The end of the Cold War, 1970–91	Détente		<ul style="list-style-type: none"> ○ Quiz ○ Practice question
	Gorbachev's 'new thinking' (Glasnost, Perestroika and the Sinatra Doctrine.)		<ul style="list-style-type: none"> ○ Quiz ○ Practice question
	The Soviet invasion of Afghanistan		<ul style="list-style-type: none"> ○ Quiz ○ Practice question
	USA's response to Afghanistan. The Carter Doctrine and the Olympics.		<ul style="list-style-type: none"> ○ Quiz ○ Practice question

	Reagan and the 'Second Cold War'. (Evil Empire Speech, "Star Wars" defence)		<ul style="list-style-type: none"> Quiz Practice question
	The significance of the fall of the Berlin Wall.		<ul style="list-style-type: none"> Quiz Practice question
	The collapse of the Soviet Union		<ul style="list-style-type: none"> Quiz Practice question

GCSE History – Topic List			
Paper 2 – Early Elizabethan England			
Topic	Sub-topic	How good is your knowledge?	Actions: How have you improved your knowledge?
The Situation at the beginning of Elizabeth's Reign	Legitimacy		<ul style="list-style-type: none"> Quiz Practice question
	Religion		<ul style="list-style-type: none"> Quiz Practice question
	The Threat of Invasion (France, Spain, Scotland)		<ul style="list-style-type: none"> Quiz Practice question
	Elizabethan Government and Parliament.		<ul style="list-style-type: none"> Quiz Practice question
Elizabeth and Religion	The Religious Settlement		<ul style="list-style-type: none"> Quiz Practice question
	Puritan challenges to the Settlement		<ul style="list-style-type: none"> Quiz Practice question
	Catholic challenges to the Settlement		<ul style="list-style-type: none"> Quiz Practice question
Plots and Rebellions	Mary Queen of Scots and her arrival in England in 1568		<ul style="list-style-type: none"> Quiz Practice question

against Elizabeth	The Revolt of the Northern Earls		<ul style="list-style-type: none"> ○ Quiz ○ Practice question
	The Ridolfi Plot		<ul style="list-style-type: none"> ○ Quiz ○ Practice question
	The Throckmorton Plot		<ul style="list-style-type: none"> ○ Quiz ○ Practice question
	The Babington Plot		<ul style="list-style-type: none"> ○ Quiz ○ Practice question
	Elizabeth's treatment of English Catholics 1568-157		<ul style="list-style-type: none"> ○ Quiz ○ Practice question
Foreign Policy	Elizabeth and France 1559-1562		<ul style="list-style-type: none"> ○ Quiz ○ Practice question
	The Dutch Revolt 1568-1585		<ul style="list-style-type: none"> ○ Quiz ○ Practice question
	Cause of the War between Spain and England.		<ul style="list-style-type: none"> ○ Quiz ○ Practice question
	The Spanish Armada		<ul style="list-style-type: none"> ○ Quiz ○ Practice question
Elizabethan Society	Education		<ul style="list-style-type: none"> ○ Quiz ○ Practice question
	Leisure		<ul style="list-style-type: none"> ○ Quiz ○ Practice question
	Reason for poverty increasing in Elizabethan England.		<ul style="list-style-type: none"> ○ Quiz ○ Practice question
	Elizabethan Poor Laws		<ul style="list-style-type: none"> ○ Quiz ○ Practice question
Exploration	Reason for increased exploration in Elizabethan England		<ul style="list-style-type: none"> ○ Quiz ○ Practice question
	Failed attempts to colonise Virginia		<ul style="list-style-type: none"> ○ Quiz ○ Practice question

GCSE History – Topic List			
Paper 3 – America, Conflict at home and Abroad			
Pt 1 – Civil Rights			
Topic	Sub-topic	How good is your knowledge?	Actions: How have you improved your knowledge?
The Situation for Black Americans in the 1950s	The Situation for Black Americans in the 1950s	 	<ul style="list-style-type: none"> ○ Quiz ○ Practice question
	Reasons why the Civil Rights Movement Grew in the 1950s.	 	<ul style="list-style-type: none"> ○ Quiz ○ Practice question
The Civil Rights movement in the 1950s	Brown vs Topeka	 	<ul style="list-style-type: none"> ○ Quiz ○ Practice question
	The Montgomery Bus Boycott	 	<ul style="list-style-type: none"> ○ Quiz ○ Practice question
	Little Rock Arkansas	 	<ul style="list-style-type: none"> ○ Quiz ○ Practice question
	The 1957 Civil Rights Act	 	<ul style="list-style-type: none"> ○ Quiz ○ Practice question
	Opposition to Civil Rights (The KKK, WCC, Political Opposition and The Dixiecrats)	 	<ul style="list-style-type: none"> ○ Quiz ○ Practice question
Civil Disobedience and protest: 1960-1965	The Sit-In Movement	 	<ul style="list-style-type: none"> ○ Quiz ○ Practice question
	Freedom Rides	 	<ul style="list-style-type: none"> ○ Quiz ○ Practice question
	The Case of James Meredith	 	<ul style="list-style-type: none"> ○ Quiz ○ Practice question
	Birmingham Alabama	 	<ul style="list-style-type: none"> ○ Quiz ○ Practice question
	The March on Washington	 	<ul style="list-style-type: none"> ○ Quiz ○ Practice question

	The 1964 civil Rights Act		<input type="radio"/> Quiz <input type="radio"/> Practice question
	The Freedom Summer		<input type="radio"/> Quiz <input type="radio"/> Practice question
	Selma and the Voting Rights Act		<input type="radio"/> Quiz <input type="radio"/> Practice question
Black Nationalism	Malcolm X		<input type="radio"/> Quiz <input type="radio"/> Practice question
	Stokely Carmichael and the SNCC		<input type="radio"/> Quiz <input type="radio"/> Practice question
	Protests: The March against Fear and The Mexico Olympics.		<input type="radio"/> Quiz <input type="radio"/> Practice question
	The Black Panthers		<input type="radio"/> Quiz <input type="radio"/> Practice question
Poverty, Riots and the Kerner Report	Race Riots: 1965-68		<input type="radio"/> Quiz <input type="radio"/> Practice question
	The Kerner Report		<input type="radio"/> Quiz <input type="radio"/> Practice question
	King's Campaign in the North		<input type="radio"/> Quiz <input type="radio"/> Practice question
The Civil Rights Movement 1965-1968	The Assassination of Martin Luther King		<input type="radio"/> Quiz <input type="radio"/> Practice question
	Reason for the Decline in support for the Civil Right Movement		<input type="radio"/> Quiz <input type="radio"/> Practice question
	Nixon's Civil Rights Policies.		<input type="radio"/> Quiz <input type="radio"/> Practice question

Maths topics lists:

HIGHER TOPIC LIST

STANDARD FORM (LOTS)	PERCENTAGE INCREASE	TWO WAY TABLES
EQUATION OF A TANGENT	SOHCAHTOA	COMPLETING THE SQUARE
BEARINGS	CIRCUMFERENCE OF A CIRCLE	DENSITY
RATIO PROBLEMS	RELATIVE FREQUENCY	COMPOUND INTEREST
USING A CALCULATOR	TRIPLE BRACKETS	LIMITS
PYTHAGORAS	UNITS PROBLEM	SIMPLIFYING POWERS
SCATTER DIAGRAMS	COMBINATIONS	TRANSFORMATIONS
VOLUME OF A PRISM	VOLUME OF A CUBE	SURFACE AREA OF A CUBE
CONSTRUCTIONS	EXPAND DOUBLE BRACKETS	PRIME FACTORS
HIGHER COMMON FACTOR	GRAPHICAL INEQUALITIES	EQUATION OF A CIRCLE
CONDITIONAL PROBABILITY	FACTORISE QUADRATICS	PERCENTAGE PROBLEMS
SKETCHING TRIG GRAPHS	CIRCLE THEOREMS	INVERSE PROPORTION
PLOT A QUADRATIC	REARRANGE A FORMULA	CONGRUENT TRIANGLES
ANGLES IN POLYGONS	SIMPLE ALGEBRAIC PROOF	DIFFERENCE OF 2 SQUARES
SET UP AND SOLVE EQUATIONS	SIMPLIFYING SURDS	VENN DIAGRAMS
ARC LENGTH	SINE RULE	COMPLETING THE SQUARE
VOLUME OF A SPHERE	CUMULATIVE FREQUENCY	SIMILAR SHAPES
VELOCITY/TIME GRAPH	SIMPLIFY ALGEBRAIC FRACTIONS	FRACTION PROBLEMS
SOLVING QUADRATIC INEQUALITIES		

FOUNDATION TOPIC LIST

NAMING 3D SHAPES	MODE AND RANGE	FACTORS
SQUARE NUMBERS	BAR CHARTS	PERCENTAGE OF QUANTITIES
PRIME FACTORS	MONEY PROBLEMS	LINE SYMMETRY
ROTATIONAL SYMMETRY	CUBE NUMBERS	PRIME NUMBERS
FREQUENCY TREES	RATIO PROBLEMS	FRACTIONS TO DECIMALS
AREA OF CIRCLES	SHADED AREA	PATTERNS AND SEQUENCES

ANGLES IN PARALLEL LINES	SIMPLIFYING RATIOS	NAMES OF QUADRILATERALS
TWO WAY TABLES	PROBABILITIES	NAMING PARTS OF A CIRCLE
COLUMN VECTORS	SOLVING INEQUALITIES	FRACTION OF A QUANTITY
INEQUALITIES ON A NUMBER LINE	STANDARD FORM	REVERSE PERCENTAGE
ADD AND DIVIDE DECIMALS	SCATTER DIAGRAMS	RELATIVE FREQUENCIES
AREA OF A TRIANGLE	PLOT QUADRATICS FROM A TABLE	
ERROR INTERVALS	EXCHANGE RATES	MEDIAN
DENSITY	VOLUME OF A PYRAMID AND A SPHERE	
EXPANDING BRACKETS	PERIMETER	SET UP AND SOLVE
CO-ORDINATES	FLOW DIAGRAMS	POWERS OF 10
SKETCHING QUADRATICS	SIMPLE DIFFERENCE OF TWO SQUARES	
SIMPLIFY EXPRESSIONS	VOLUME OF A PRISM	VOLUME OF A CUBE
SURFACE AREA OF A CUBE	WAGES PROBLEM	PROBABILITY TREES
PROBABILITY SCALES	ROTATION	TRANSLATION
BEARINGS	NON-CALC TRIGONOMETRY	SIMULTANEOUS EQUATION
NEGATIVE NUMBERS	UNITS PROBLEM	USING A PIE CHART
EASY FRACTIONS	EASY INVERSE PROPORTION	SIMPLE INTEREST
FRACTION PROBLEMS	SOLVE BY FACTORISING	CONSTRUCTIONS
MEAN		

GCSE PE topic lists:

Paper 1: The human body and movement in physical activity and sport: 78 marks (30% of GCSE) - 1 hour 15 minutes			
Lesson number	Topic	Lesson title	Threshold concept
3.1.1 Applied anatomy and physiology			
3.1.1.1 The structure and functions of the musculoskeletal system			
1	Bones	Identification and location of the bones	AO1: Identification of the bones at the correct locations AO2: Describe features of the different types of bones
2	Structure of the skeleton	How the skeletal system provides a framework for movement	AO2: Describe how the skeletal system provides a framework for movement (in conjunction with the muscular system)
3	Functions of the skeleton	Functions of the skeleton applied to performance in physical activity	AO1: Identify the functions of the skeleton with examples of how they can be applied to performance in physical activity.

4	Muscles	Identification and location of the muscles	AO1: Identification of the muscles at the correct locations
5	Synovial joint	Identify and define the structures of a synovial joint	AO1 Identification of the structures of a synovial joint AO1: Define the role of tendons AO2: Describe the roles of each element of a synovial joint and how they help to prevent injury movements
6	Types of freely movable joints	Identify the location of types of joints	AO1: Identification of the types of joints at the elbow, knee & ankle, and the hip & shoulder.
7	Types of movement	Identify; define and give sports examples of types of movement	AO2: Explain how the types of movement are linked to the appropriate joint type, which enables that movement to take place
8	Antagonistic muscles	Explain how muscles work antagonistically	AO2: Explain how the major muscles and muscle groups of the body work antagonistically on the major joints of the skeleton to affect movement in physical activity at the major movable joints
9	Muscular contraction	Explain the difference between concentric and eccentric (isotonic) contractions	AO1: Define with examples concentric and eccentric (isotonic) contractions.
3.1.1.2 Cardio-respiratory system			
10	The pathway of air	Identify the pathway of air	AO1: Identify the pathway of air
11	Gaseous exchange	Identify the key features of gaseous exchange	AO2: Describe the process of gas exchange at the alveoli
12		Explain the process of gaseous exchange	
13	Blood vessels	Identify the different blood vessels and explain the features that relate to functions	AO1: Describe the features and structure of arteries, capillaries and veins AO2: Describe how the structure of each blood vessel relates to the function
14	Redistribution of blood	Explain the redistribution of blood during exercise	AO2: Explain the redistributing of blood during exercise
15	Structure of the heart	Identify the chambers and role of the heart	AO1: Identify the location atria and ventricles
16	Cardiac cycle	Explain the cardiac cycle including diastole and systole	AO2: Describe the cardiac cycle and the pathway of the blood
17	Cardiac output; stroke volume; heart rate and anticipatory rise	Define each term and explain the effects of exercise	AO1: Define cardiac output, stroke volume and heart rate
18	Mechanics of breathing	Explain the mechanics of breathing	AO2: Describe the mechanics of breathing
19	Interpretation of a spirometer trace	Identify; define and explain the key features of a spirometer	AO1: Define and identify the following: tidal volume; expiratory reserve volume; inspiratory reserve volume and residual volume AO2: Interpret and explain a spirometer trace to reflect the difference in a trace between rest and the onset of exercise
3.1.1.3 Anaerobic and aerobic exercise			
20	Aerobic and anaerobic respiration	Define aerobic and anaerobic respiration and give sporting examples	AO1: Define with examples aerobic exercise and anaerobic exercise AO2: Describe use of aerobic and anaerobic exercise in practical examples of differing intensities

21	EPOC / oxygen debt	Define EPOC and explain the effect on the body	AO2: Explain the term EPOC
22	The recovery process	Identify; describe and evaluate the recovery processes after vigorous exercise	AO1: Identify the recovery process from vigorous exercise AO3: Evaluate the use of these methods, justifying their relevance to different sporting activities.
3.1.1.4 The short and long term effects of exercise			
23	Effects of exercise	Identify and describe the immediate; short term and long term effects of exercise	AO1: Identify the immediate effects of exercise (during exercise) AO1: Identify the short-term effects of exercise (24 to 36 hours after exercise) AO1: Identify long-term effects of exercise (months and years of exercising) AO2: Describe the long-term effects of exercise (months and years of exercising)
3.1.3 Physical training			
3.1.3.1 The relationship between health and fitness and the role that exercise plays in both			
29	Health and fitness	Define the terms health and fitness, and explain the relationship between them	AO1: Define of health and fitness AO2: Explain the relationship between health and fitness
3.1.3.2 The components of fitness, benefits for sport and how fitness is measured and improved			
30	The components of fitness	Identify, define and give sport specific examples for each component of fitness	AO1: Define using a sports example each component of fitness
31	The components of fitness	Justify why the components of fitness may or may not be required in certain sporting activities	AO3: Justify why the components of fitness may or may not be needed when performing certain physical activities and sports.
32	Reasons for and limitations of fitness testing	Identify the reasons for and limitations of fitness testing	AO2: Explain the reasons for fitness testing AO2: Explain the limitations of fitness testing
33	Measuring the components of fitness	Identify the fitness tests and which components of fitness they measure	AO2: Describe the main procedures of the tests used to measure components of fitness: AO3: Evaluate whether or not these tests are relevant to performers in different sporting activities. AO2: Describe how data are collected for fitness testing
34	Measuring the components of fitness	Describe 'how each test is carried out'	
35	Measuring the components of fitness	Demonstrate how tests scores are measured / recorded	
3.1.3.3 The principles of training and their application to personal exercise / training programmes			
36	The principles of training and overload	Identify and define the principles of training and overload	AO1: Define the principles of training and the principle of overload AO2: Apply the principles to sporting examples.
37	The principles of training and overload	Using examples apply the principles of training and overload	
38	Types of training	Identify and describe each training method	AO1: Define each training method

39	Types of training	Evaluate the different training types by explaining the advantages and disadvantages of each	AO2: Explain the advantages and disadvantages of each type of training method
40	Calculating intensities to optimise training effectiveness	Define training thresholds and explain the importance to training	AO3: Select and evaluate appropriate training methods for various (aerobic and anaerobic) fitness needs and make links to sporting activity
41	Calculating intensities to optimise training effectiveness	Describe the calculations for one rep max	AO2: Calculate the following: aerobic/anaerobic training zone; circuit training, altering the time/rest/content of the circuit will determine the fitness aim. One repetition maximum as part of weight training
42	Considerations to prevent injury	Identify and describe how injuries can be reduced or prevented	AO2: Describe how an injury can be prevented or chances of it occurring reduced
43	Specific training techniques - high altitude training as a form of aerobic training	Describe how altitude training is carried out and explain the advantages and disadvantages	AO2: Describe how high altitude training is carried out: AO3: Evaluate the benefits and the limitations of altitude training for different sports performers.
44	Seasonal aspects	Identify and describe the three aspects of a training season	AO1: Names of the three training seasons AO3: Apply and justify the characteristics of the seasonal aspects to different sporting activities.
3.1.3.5 Effective use of warm up and cool down			
45	Warming up and cooling down	Identify the reasons for and benefits of warm ups and cool downs	AO1: Name the constituent parts of warming up and cooling down AO2: Describe the benefits of a warm up and cool down