**Planet PE revision video list**

**@Planet\_PE**

[**Planet PE Youtube**](https://www.youtube.com/channel/UCZYYCR8YjZlb5S3DMZW3u7g/featured)

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| ***The Structure and Functions of the Musculoskeletal System***  |  Links   |
| ***Skeletal System***  | -I can identify some of the bones at the following locations: ***shoulder/elbow/knee/ankle*** -I can describe how the skeletal system works alongside the muscular system to provide a framework for movement. -I can explain the functions of the skeletal system  | [structure and function](https://www.youtube.com/watch?v=Ax1u1v9dpTk&list=PLbSSB3KdvkRKehTneHbGK_HAelCxsrUXX&index=2)  [Bones questions](https://www.youtube.com/watch?v=TDWdEOqryQY&list=PLbSSB3KdvkRKehTneHbGK_HAelCxsrUXX&index=14)[The skeleton questions](https://www.youtube.com/watch?v=xvE3OQUmO80&list=PLbSSB3KdvkRKehTneHbGK_HAelCxsrUXX&index=21)  |
| ***Muscular System***  | -I can identify most of the main muscles within the body. -I can explain how the major muscles and muscle groups of the body work antagonistically to produce movement.  |   [Muscles questions](https://www.youtube.com/watch?v=vw_NBoPz-2g&list=PLbSSB3KdvkRKehTneHbGK_HAelCxsrUXX&index=19)  |
| ***Types of Joints***  | -I can identify the types of joints at the elbow, knee, shoulder and ankle. -I can explain what type of movement is produced at each type of joint -I can identify the key components of the structure of the synovial joint -I can explain how a synovial joint can help to prevent injury  |  [synovial joints](https://www.youtube.com/watch?v=Ks6c6gX5oig&list=PLbSSB3KdvkRKehTneHbGK_HAelCxsrUXX) [Joint movements](https://www.youtube.com/watch?v=neGBfnxkhvo&list=PLbSSB3KdvkRKehTneHbGK_HAelCxsrUXX&index=7) [Joints questions](https://www.youtube.com/watch?v=3RHv8oVN7ns&list=PLbSSB3KdvkRKehTneHbGK_HAelCxsrUXX&index=20)  |
| ***The Structure and functions of the cardio-respiratory system***  | Links  |   |
| ***Pathway of Air***  | -I can identify the pathway of air. ***From the Mouth Cavity to the Alveoli*** -I can explain how the Gaseous Exchange takes place and provide examples that assist in the process - I can explain how the intercostal muscles, rib cage and diaphragm assist in the mechanics of breathing (***Inhaling / Exhaling***)  |  Pathway of air [Respiratory system questions](https://www.youtube.com/watch?v=3b_NCWn-LVo)[Cardio Respiratory system](https://www.youtube.com/watch?v=l_16ymQJDMY) [Cardio respiratory questions](https://www.youtube.com/watch?v=qsWlTFdZKi0)  |
| ***The Heart & the pathway of blood***  | -I can identify the main four chambers of the heart -I can identify some of the valves in the heart and describe the importance of them -I can explain what diastole and systole is. -I can describe the pathway of the blood and explain how it is converted from deoxygenated blood to oxygenated blood   |   [Cardiac Cycle](https://www.youtube.com/watch?v=l_16ymQJDMY&list=PLbSSB3KdvkRKehTneHbGK_HAelCxsrUXX&index=10) [The heart questions](https://www.youtube.com/watch?v=8BKPXknZ2QE&list=PLbSSB3KdvkRKehTneHbGK_HAelCxsrUXX&index=17) [Cardio Respiratory system](https://www.youtube.com/watch?v=l_16ymQJDMY)[Cardio respiratory questions](https://www.youtube.com/watch?v=qsWlTFdZKi0) |
| ***Cardiac Output and Stroke Volume***  | -I can describe what cardiac output and stroke volume is -I know how to work out an individual’s Cardiac Output -I can identify where an individual can record their heart rate. -I know how to work out an individual’s Maximum Heart Rate  |   [Cardio respiratory questions](https://www.youtube.com/watch?v=qsWlTFdZKi0)  |
| ***Interpretation of a spirometer trace:***  | -I can identify different volumes of a spirometer trace -I can describe how the ***tidal volume, expiratory reserve volume, inspiratory reserve volume and residual volume*** may change from rest to exercise  |  [Lung volumes](https://www.youtube.com/watch?v=tkSLxuSK2io&list=PLbSSB3KdvkRKehTneHbGK_HAelCxsrUXX&index=11)   |
| **Aerobic and Anaerobic Exercise**  |  Links    |
| ***Aerobic and*** ***Anaerobic*** ***Endurance***  | -I can define what aerobic respiration is, using the correct equation -I can define what anaerobic respiration is, using the correct equation -I can link practical sporting examples of sporting situations to aerobic and anaerobic respiration and justify why they are good examples.  |   |   |   |
| ***Excess postexercise oxygen consumption*** ***(Oxygen Debt)***  | -I can define what Excess Post-exercise Oxygen Consumption (Oxygen Debt) is -I can explain why Excess Post-exercise Oxygen Consumption (Oxygen Debt) is caused by Anaerobic Respiration -I can explain the effects of Excess Post-exercise Oxygen Consumption (Oxygen Debt) on the muscles.  |   |   |   |
| ***Recovery Process***  | -I can identify and explain some of the recovery process after vigorous exercise. -I can explain the importance of a cool down, diet, rehydration and massages after vigorous exercise  |   |   |   |

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| Short and Long Term Effects of Exercise  |  Links    |
| ***Effects of Exercise***  | -I can identify and describe the immediate effects of exercise. -I can identify and describe the short-term effects of exercise. -I can identify and describe the long-term effects of exercise.  |  [Effects of exercise](https://www.youtube.com/watch?v=2LmQVwRXXHs&list=PLbSSB3KdvkRKehTneHbGK_HAelCxsrUXX&index=4) [Effects of exercise video](https://www.youtube.com/watch?v=T0Ejr5Mmh0c&list=PLbSSB3KdvkRKehTneHbGK_HAelCxsrUXX&index=27)  |
| Lever Systems, examples of their use in activity and the mechanical advantage they provide in movement  |  Links    |
| ***First, second and third class lever systems***  | -I can identify first, second and third class lever systems. -I can complete the basic drawings of the three classes of lever to illustrate the positioning of the ***fulcrum***, ***load*** (***resistance***) and ***effort***. -I can draw linear versions of a lever showing the positioning of the fulcrum, load/resistance and effort. -I can link sporting actions which involve flexion, extension, plantar or dorsi-flexion to the correct lever example.  |   [Planes axis lever questions](https://www.youtube.com/watch?v=ff2Wg8iMsug&list=PLbSSB3KdvkRKehTneHbGK_HAelCxsrUXX&index=22) [planes axis levers video](https://www.youtube.com/watch?v=2ai5iwWsC2E&list=PLbSSB3KdvkRKehTneHbGK_HAelCxsrUXX&index=24)[Levers and Mechanical advantage](https://www.youtube.com/watch?v=9-oFDZYsd5Q&list=PLbSSB3KdvkRKehTneHbGK_HAelCxsrUXX&index=25) |
| ***Mechanical*** ***Advantage***  |  -I can label the effort and load/resistance for each lever class. -I can work out the mechanical advantage. -I can label the effort arm and resistance arm on the lever drawings and interpret the mechanical advantage of that lever.  |  [Planes axis lever questions](https://www.youtube.com/watch?v=ff2Wg8iMsug&list=PLbSSB3KdvkRKehTneHbGK_HAelCxsrUXX&index=22) [planes axis levers video](https://www.youtube.com/watch?v=2ai5iwWsC2E&list=PLbSSB3KdvkRKehTneHbGK_HAelCxsrUXX&index=24)[Levers and Mechanical advantage](https://www.youtube.com/watch?v=9-oFDZYsd5Q&list=PLbSSB3KdvkRKehTneHbGK_HAelCxsrUXX&index=25)  |
| ***Analysis of basic movements in sports.***  |  -I can identify the different types of movements that are performed at the shoulder, elbow, knee and ankle. -I can link each type of movement to a suitable sporting example.  |  [Movement Analysis questions](https://www.youtube.com/watch?v=S8-O5xusugc&list=PLbSSB3KdvkRKehTneHbGK_HAelCxsrUXX&index=13)  [planes axis levers video](https://www.youtube.com/watch?v=2ai5iwWsC2E&list=PLbSSB3KdvkRKehTneHbGK_HAelCxsrUXX&index=24) |
| Planes and Axes of Movement  |  Links    |
| ***Identification of the relevant planes***  | -I can define frontal, transverse and sagittal planes. -I can define longitudinal, transverse and sagittal axes. -I can link the three different planes and axes to sporting actions.  | [Planes of movement](https://www.youtube.com/watch?v=pouwwZQ5IHE&list=PLbSSB3KdvkRKehTneHbGK_HAelCxsrUXX&index=8) [Axes of rotation](https://www.youtube.com/watch?v=EFpis3CqCTI&list=PLbSSB3KdvkRKehTneHbGK_HAelCxsrUXX&index=26) [Planes axis lever questions](https://www.youtube.com/watch?v=ff2Wg8iMsug&list=PLbSSB3KdvkRKehTneHbGK_HAelCxsrUXX&index=22) [planes axis levers video](https://www.youtube.com/watch?v=2ai5iwWsC2E&list=PLbSSB3KdvkRKehTneHbGK_HAelCxsrUXX&index=24)  |
| The relationship between health and fitness and the role that exercise plays in both and Components of Fitness  | Links     |
| **Health and Fitness**  | -I can define what health is. -I can define what fitness is. -I can explain the relationship between health and fitness.  |   |   |   |
| **Components of Fitness**  |  -I can identify the components of fitness. -I can link a range of sports and physical activities to the required component of fitness, justifying why they are needed to each sport and activity.  | [Components of fitness questions](https://www.youtube.com/watch?v=b_QqUmkf_3s&list=PLbSSB3KdvkRKehTneHbGK_HAelCxsrUXX&index=18)    |
| **Fitness Testing**  |  -I can link each component of fitness to a test procedure that will measure a specific component of fitness. - I can identify the reasons for and limitations of using fitness tests. -I can describe how data is collected to measure progress during fitness tests. -I can explain the difference between quantitative and qualitative data.  |  [Fitness testing questions](https://www.youtube.com/watch?v=0iI8mSglXMc&list=PLbSSB3KdvkRKehTneHbGK_HAelCxsrUXX&index=15)   |
| The principles of training and their application to personal exercise/training programmes  | Links     |
| ***Principles of Training***  | -I can identify the key principles of SPORT. -I can explain each component of SPORT. -I can identify the key principles of Overload FITT. -I can explain how to use Overload FITT to increase the workload of a training programme to improve fitness.  |   |   |   |
| ***Types of Training***  | -I can identify the different types of training methods. -I can identify the advantages and disadvantages of the different training methods. -I can explain the differences between each type of training. -I can link each type of training to a sport and recommend why it would improve an athlete’s performance.  |    [Training questions](https://www.youtube.com/watch?v=UAdtHMcPNv0&list=PLbSSB3KdvkRKehTneHbGK_HAelCxsrUXX&index=23) |
| Physical Training: How to optimise training and prevent injury  |  Links    |
| ***Calculating intensities to*** ***optimise training effectiveness***  | -I can define the training threshold. -I can calculate the aerobic and anaerobic training zone. -I can calculate an individual’s Maximum Heart Rate. -I can explain how to increase the intensity of circuit training. -I can explain how many reps and sets should be completed to improve ***strength/power*** and ***muscular endurance.***  |   [Training questions](https://www.youtube.com/watch?v=UAdtHMcPNv0&list=PLbSSB3KdvkRKehTneHbGK_HAelCxsrUXX&index=23)  |

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| ***Considerations to prevent injury***  | -I can explain why the training type should match the training purpose. -I can explain the different factors that should be taken into account to prevent injury.  |   |   |   |
| ***Specific Training Techniques***  | -I can explain why altitude training is used. -I can explain who benefits from completing altitude training.  |   |   |   |
| Physical Training: Effective use of warm up and cool down  |  Links    |
| ***Warming up and cooling down***  | -I can explain what a warm up should include. -I can explain why a warm up should be completed before performance/training. -I can explain the benefits of warming up. -I can explain the benefits of cooling down.  |   [The exercise session questions](https://www.youtube.com/watch?v=5ybq_6nCv2Q&list=PLbSSB3KdvkRKehTneHbGK_HAelCxsrUXX&index=16)  |
| Sports Psychology: Classification of Skills  |  Links    |
| ***Skill and Ability***  | -I can define what skill is. -I can define what ability is.  |  [Skill questions](https://www.youtube.com/watch?v=cyjrPF1hywI&list=PLbSSB3KdvkRIhskZGArIksZ3cd0E6ySwH&index=12)   |
| ***Classification of Skill***  | -I can define a variety of skill classifications: ***basic/complex; open/closed; self-paced/externally paced*** and ***gross/fine.*** -I can link sporting examples to each classification and justify why they are appropriate.  |   [Skill questions](https://www.youtube.com/watch?v=cyjrPF1hywI&list=PLbSSB3KdvkRIhskZGArIksZ3cd0E6ySwH&index=12)   |
| ***Definitions of Types of Goals***  | -I can define ***performance goals (personal performance/no social comparison) & outcome goals (winning/result)***. -I can link performance and outcome targets to appropriate sporting examples.  |  [Goal setting questions](https://www.youtube.com/watch?v=BhFdXgS-HcM&list=PLbSSB3KdvkRIhskZGArIksZ3cd0E6ySwH&index=11) [Goal setting video](https://www.youtube.com/watch?v=f4npCA983sk&list=PLbSSB3KdvkRIhskZGArIksZ3cd0E6ySwH&index=13)   |
| The use of goal setting and SMART targets to improve and/or optimise performance  |  Links   |
| ***Evaluation of setting*** ***performance & outcome goals***  | -I can describe what ***performance*** and ***outcome*** goals are. -I know the difference between ***performance*** and ***outcome*** goals. -I can explain the advantages and disadvantages for ***performance*** and ***outcome*** goals. - I can apply ***performance*** and ***outcome*** goals to relevant sporting examples  |   [Goal setting questions](https://www.youtube.com/watch?v=BhFdXgS-HcM&list=PLbSSB3KdvkRIhskZGArIksZ3cd0E6ySwH&index=11) [Goal setting video](https://www.youtube.com/watch?v=f4npCA983sk&list=PLbSSB3KdvkRIhskZGArIksZ3cd0E6ySwH&index=13) |
| ***Use of SMART targets to improve*** ***& optimise performance***  | -I can identify what SMART acronym stands for. -I can explain why SMART targets should be used for goal setting. -I can apply SMART targets to a sporting example to help improve performance.  |   [Goal setting questions](https://www.youtube.com/watch?v=BhFdXgS-HcM&list=PLbSSB3KdvkRIhskZGArIksZ3cd0E6ySwH&index=11)[Goal setting video](https://www.youtube.com/watch?v=f4npCA983sk&list=PLbSSB3KdvkRIhskZGArIksZ3cd0E6ySwH&index=13)  |
| Basic Information Processing  |  Links    |
| ***Basic Information processing model***  | -I know the role and can describe each part information processing model (***input / decision making / output and feedback***. - I can apply the basic information processing model to skills from sporting example.  |   |   |   |
| Guidance and feedback on performance  | Links     |
| ***Types of Guidance in Sport***  | -I can identify the different types of guidance used for beginners to elite sports performers. - I can choose appropriate types of guidance for beginner sports performers and elite level sport performers, justifying why each type is suitable.  |   [Guidance](https://www.youtube.com/watch?v=83YPJvo2zoQ&list=PLbSSB3KdvkRIhskZGArIksZ3cd0E6ySwH&index=8)  |
| ***Types of feedback in Sport***  | -I can identify the different types of feedback for beginners to elite sports performers. -I can explain what each type of feedback consists of. -I can analyse the advantages and disadvantages of each type of feedback, justifying my answer.  |  [Feedback](https://www.youtube.com/watch?v=lphawtads5M&list=PLbSSB3KdvkRIhskZGArIksZ3cd0E6ySwH&index=7)   |
| Sports Psychology: Mental Preparation for Performance  |  Links    |
| ***Arousal***  | -I can define what arousal is in sport. -I can provide examples of arousal in sport. -I can link appropriate arousal levels to gross and fine skills in sporting actions. -I can link skills to an appropriate arousal level, fully justifying my answer.  |  [Arousal and control](https://www.youtube.com/watch?v=Q2vwBuR3Vwo&list=PLbSSB3KdvkRIhskZGArIksZ3cd0E6ySwH&index=6)   |

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| ***Inverted-U theory***  | -I can describe what the inverted-U theory is, referring to a graph. -I can draw an inverted-u theory on a graph, appropriately labelling the X and Y axis. -I can explain the relationship between arousal level and performance level, providing sporting examples.  |    [Arousal and control](https://www.youtube.com/watch?v=Q2vwBuR3Vwo&list=PLbSSB3KdvkRIhskZGArIksZ3cd0E6ySwH&index=6) |
| ***Arousal and stress management***  | -I know the different stress management techniques. -I can explain how the different stress management techniques are carried out. -I can analyse how arousal can be controlled before and during a sporting performance.  |    [Arousal and control](https://www.youtube.com/watch?v=Q2vwBuR3Vwo&list=PLbSSB3KdvkRIhskZGArIksZ3cd0E6ySwH&index=6) |
| ***Aggression***  | -I can define what direct and indirect aggression is. -I can fully explain what direct and indirect aggression is and use sporting examples of each type in aggression.  |   |   |   |
| ***Personality Types***  | -I know the two types of personality types in sport. -I can explain the characteristics of the two personality types. -I can provide sporting examples of each personality types.  |   |   |   |
| ***Motivation in Sport***  | -I know the two types of motivation in sport. -I can explain the different characteristics for the two types of motivation. -I can explain appropriate examples of motivation in sport and link it to sporting examples. -I can analyse the advantages and disadvantages of the different types of motivation in sport, justifying my answers.  |   |   |   |
| Engagement patterns of different social groups in physical activity and sport  | Links     |
| ***Social Groupings & Participation Rates***  | -I can describe why engagement patterns in physical activity and sport can vary between different social groups. -I understand the different factors that contribute to engagement patterns in a variety of social groups. -I can identify the ***five*** different social groups. -I can analyse how certain factors can affect engagement patterns of different social groups (***E.G. Sexism/Stereotyping and Gender***)  |   |   |   |
| Socio-cultural influences: Commercialisation of physical activity and sport  |  Links    |
| ***Commercialisation***  | -I can define what commercialisation is. -I can explain the relationship between sport, sponsorship and the media.  |  [Commercialisation of sport](https://www.youtube.com/watch?v=lz1MHuW-9Yc&list=PLbSSB3KdvkRIhskZGArIksZ3cd0E6ySwH&index=2)   |
| ***Sponsorship and the Media***  | -I know the definitions of Sponsorship and Media and can provide examples for each. -I can explain and justify the positive and negative impact of sponsorship and media on the performer, the sport, officials, spectators and advertising companies.  |   |   |   |
| ***Technology in Sport***  |  -I can describe how technology is used in sport. -I can explain and justify the positive and negative impacts of technology on the performer, the sport, officials, spectators and advertising companies.  |   |   |   |
| Ethical and socio-cultural issues in physical activity and sport  |  Links    |
| ***Conduct of performers***  | -I can define what ***etiquette, sportsmanship, gamesmanship & contract to compete*** are. -I can provide sporting examples for all of the above.  |   [Players conduct](https://www.youtube.com/watch?v=fehHtDcm9eM&list=PLbSSB3KdvkRIhskZGArIksZ3cd0E6ySwH&index=2&t=0s)  |
| ***Prohibited substances and methods in sport***  | -I can identify the 5 different categories of prohibited substances. -I can explain the positive effects and negative side effects for the prohibited substances. -I can explain how blood doping is performed and the side effects of completing it.  | [Drugs in sport](https://youtu.be/jhn8OAhLUhY)    |
| ***Drugs subject to certain restrictions***  | -I can explain what Beta Blockers are and explain why performers opt to take them. -I can identify the side effects of Beta Blockers.   |   [Drugs in sport](https://youtu.be/jhn8OAhLUhY)   |
| ***Performance*** ***Enhancing Drugs (PEDs)***  | -I can describe why type of performers would use different types of Performance Enhancing Drugs and provide sporting examples for each Performance Enhancing Drug. -I can explain the advantages and disadvantages for a performer taking Performance Enhancing Drugs.  |   [Drugs in sport](https://youtu.be/jhn8OAhLUhY)   |
|  | -I can explain the disadvantages to the sport when performers take Performance Enhancing Drugs.  | [Drugs in sport](https://youtu.be/jhn8OAhLUhY)  |
| ***Spectator Behaviour***  | -I can identify the positive influences of spectators at sporting events. -I can identify the negative influences of spectators at sporting events and the impact it can have on the sport. -I can explain why hooliganism occurs in sport. -I can analyse how hooliganism can be prevented in sport and evaluate the effectiveness of each strategy.  |   [Spectators behaviour 6 mark pt 1](https://www.youtube.com/watch?v=Ll_q-zHn6bA&list=PLbSSB3KdvkRIhskZGArIksZ3cd0E6ySwH&index=4)[Spectators behaviour 6 mark pt2](https://www.youtube.com/watch?v=IDzysUqTCjw&list=PLbSSB3KdvkRIhskZGArIksZ3cd0E6ySwH&index=3)  |
| Health, Fitness and Well-being: Physical, emotional and social health, fitness and well-being  | Links     |
| ***Health, Well-being*** -I can describe why participating in sport, physical activity and exercise ***and Sport*** can increase one’s health, well-being and fitness. -I can explain the benefits of regular exercise on our physical health and well-being -I can explain the benefits of regular exercise on our mental health and well-being -I can explain the benefits of regular exercise on our social health and well-being -I can explain the benefits of regular exercise on our fitness.  |   |   |   |
| Health, Fitness and Well-being: The consequences of a sedentary lifestyle  |  Links    |
| ***Consequences of a Sedentary Lifestyle***  | -I can define what a sedentary lifestyle is. -I can explain what the possible consequences of a sedentary lifestyle are.  |   |   |   |
| ***Obesity in Physical Activity and Sport***  | -I can define what obesity is. -I can explain how obesity can affect performance in physical activity and sport (***Physical / Mental / Social***)  |   |   |   |
| ***Somatotypes***  | -I know the three types of somatotypes. -I can identify the most suitable body type for a particular sport and justify my choice.  |   |   |   |
| Health, Fitness and Well-being: Energy use, diet, nutrition and hydration  | Links    |
| ***Energy Use***  | -I know how energy is measured and where energy is obtained from. -I can explain what factors can impact on the amount of energy that is needed to be consumed per day.  |   |   |   |
| ***Nutrition and Balanced Diets***  | -I can describe what a balanced diet consists of. -I can explain why it is important to maintain a balanced diet. -I can identify what percentage of each nutrients should be present in a balanced diet. -I can explain the importance of each nutrient in a balanced diet.  |   [Diet questions](https://www.youtube.com/watch?v=jmQYBCJn5Bw&list=PLbSSB3KdvkRIhskZGArIksZ3cd0E6ySwH&index=10)  |
| ***Maintaining Hydration***  | -I can define what dehydration is and explain how it can be prevented. -I can explain the impact dehydration has on our body and performance in sport.  |   |   |   |