**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](ttps://www.youtube.com/watch?v=3gDAtSJGCa8&list=PLbSSB3KdvkRKehTneHbGK_HAelCxsrUXX&index=6)  [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. |  |  |  |