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GCSE AQA LEVEL PE
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Highsted Knowledge Organiser

GCSE Sport Studies



Chapter 3 – Physical Training – Types of training & principles of training

What I need to know:

- A. The principles of training and overload and how they can be applied to training programmes
- B. The varying training types and the advantages and disadvantages of using them
- C. How training can be structured into seasons
- D. The reasons for warming up and cooling down

Key Vocabulary:

- **SPORT** – Specificity, Progressive Overload, Reversibility, Tedium (A)
- **FITT** – Frequency, Intensity, Time & Type (A)
- Circuit training (B, C)
- Continuous training (B, C)
- Fartlek training (B, C)
- Interval training (HIIT) (B, C)
- Plyometric training (B, C)
- Static stretching (B, C)
- Weight training (B, C)
- High altitude training (B, C)
- Warm up (D)
- Cool down (D)



Student reference point:



Watch this video that gives information about the different types of training from Simply PE

<https://www.youtube.com/watch?v=qQwP93idzHk>

Use these revision notes to consolidate your knowledge of training methods and effects of training.

<https://www.bbc.co.uk/bitesize/guides/zyqd2p3/revision/2>

Complete this quiz on Physical training

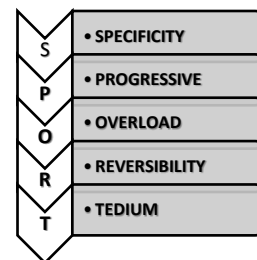
<https://www.bbc.co.uk/bitesize/guides/zchxnbk/test>



Think of 3 different sports/activities – which training methods would be appropriate to improve performance levels?



Explain how an athlete could apply the principles of training in their fartlek training sessions in order to improve performance in cross country running.



Challenge question:

With reference to a named sporting activity, outline what plyometric and fartlek training are, and justify why they are both relevant to performers in that activity.



Careers in Sport: <https://www.bbc.co.uk/bitesize/articles/zmfkrj6>
Read this article on different components of fitness and how to train effectively
<https://thesportsschool.com/types-of-training-methods-for-athletes/>



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Chapter 4 – Sports psychology



What I need to know:

- A. What is a skill and what is an ability?
- B. Classification of skills
- C. Definitions of types of goal
- D. The use and evaluation of setting performance and outcome goals in sporting examples
- E. The use of SMART targets to improve and/or optimise performance
- F. Basic information processing model
- G. Examples and evaluation of the effectiveness of the use of types of feedback and guidance with reference to beginners and elite level performers
- H. Arousal and the inverted U theory
- I. How optimal arousal levels vary and be controlled before or during sporting performance
- J. Understand the difference between direct and indirect aggression with sporting examples
- K. Understand characteristics of personality types and suited sports to these types
- L. Intrinsic and extrinsic motivation as used in sporting examples

Key Vocabulary:

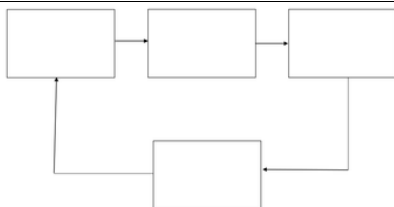
- Skills & abilities (A)
- Skills classifications – basic – complex, open – closed, self-paced – externally-paced, gross- fine (B)
- Goal setting – performance goals, outcome goals (C,D)
- SMART targets (E)
- Information processing – decision making, output, feedback (F)
- Guidance – visual, verbal, mechanical/manual (G)
- Feedback – positive, negative, knowledge of results & Knowledge of performance, extrinsic & intrinsic(G)
- Arousal – Inverted U theory, controlling arousal levels – mental rehearsal/visualisation/imagery, positive self-talk (H,I)
- Aggression – direct & indirect (J)
- Personality types – Introvert & extrovert (K)
- Motivation – intrinsic & extrinsic (L)



Student reference point:



Can you label this basic information processing model for a sporting skill of your choice?



Complete these quizzes on the various sports psychology topics



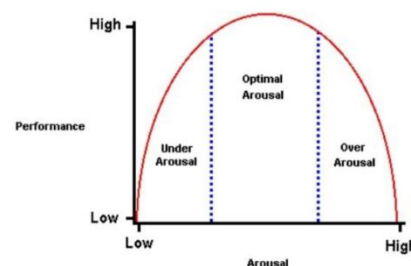
<https://www.bbc.co.uk/bitesize/topics/z2k89qt>



Watch this video that covers all areas of sports psychology. You can dip into different areas of the syllabus.

<https://www.youtube.com/watch?v=5yyuie85tb8>

Can you explain how arousal affects performance according to the inverted U theory.



Challenge question:

Is intrinsic or extrinsic motivation generally considered as most beneficial? Explain your answer.



Careers in Sport:

<https://www.bbc.co.uk/bitesize/articles/zmfkrj6>

Sports psychology newspaper articles

<https://theconversation.com/uk/topics/sport-psychology-2588>

- Booked- Kwame Alexander
- In the zone- Clyde Prolin
- The next big thing- Ryan Baldi
- Kick- Mitch Johnson

