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| **GCSE PE Unit 3** **Movement Analysis** | **Unit Navigator** |
| In this unit you will investigate movement analysis. The aims are as follows:**LG1**: Knowledge**LG2**: Application**LG3**: Skills | Assessment Grades |  |  |
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| **Lesson Title.** | **Learning Goals/Outcomes/Content** |  |  |  |
| 1.  **Levers** | LG1 – To know the components of a lever system. LG2 - To be able to apply the 3 different lever class systems |  |  |  |
| 2.  **Levers…2** | LG1 - To know the terms effort arm and resistance armLG2 - To be able to apply the mechanical advantage of each of the levers. |  |  |  |
| **3.**  **Types of movement and types of muscles contraction** | LG1 - To know the different types of movements and how they are used during sporting movements.LG1 - To know the different types of muscle contraction |  |  |  |
| 4.  **Planes and Axis** | LG1 - To know the different planes of the bodyLG1 - To know the different axes of the bodyLG2 - To be able to apply the movement possible at each of the bodies planes and axes. |  |  |  |
| 5.  **Test Preparation / Revision** | LG2 – To be able to apply knowledge gained over unit to practice exam style questions |  |  |  |
| 6.  **TEST COMPLETION** | LG3 – To demonstrate understanding of topics taught in this unit to complete an end of unit test |  |  |  |
| 7.  **TEST REVIEW** | LG3 – To skilfully evaluate the unit covered and identify areas of strength/weakness |  |  |  |

**Links:**

LG1: Basic knowledge of movement analysis contributes to other topics such as types of movements and the skeletal system.

LG2: Application is a vital skill at GCSE, but also in understanding how the levers are created in the body to create movement

LG3: Revision and analysis skills are crucial for pupils to be able to identify errors and learn from mistake to ensure a stronger future grade