

PROGRESSION IN PHYSICAL EDUCATION

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KNOWLEDGE OF THE CARDIOVASCULAR SYSTEM



KEY STAGE 3 CORE PE

I can take my resting and working heart rate and state what is happening to my cardiovascular system.

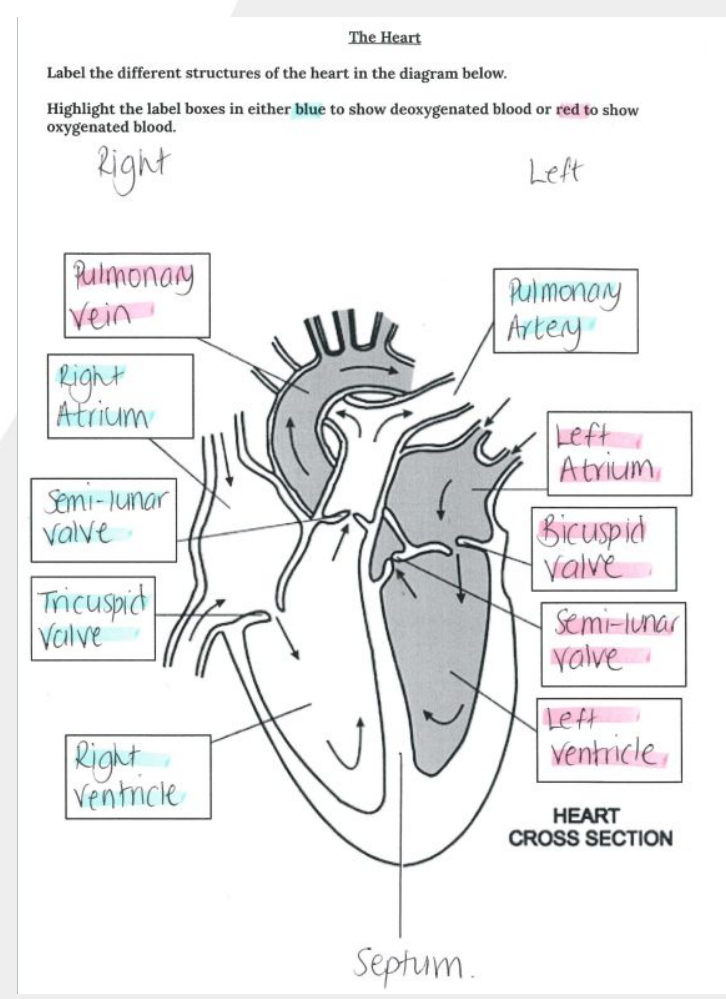


KNOWLEDGE OF THE CARDIOVASCULAR SYSTEM



YEAR 10 GCSE PE

I can identify key structures of the cardiovascular system and identify links to deoxygenated and oxygenated blood.



KNOWLEDGE OF THE CARDIOVASCULAR SYSTEM



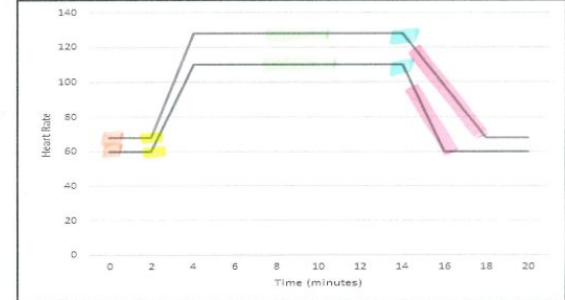
YEAR 11 GCSE PE

I can read graphical information about heart rate and interpret this, making links to the cardiovascular system.

INTERPRETING, ANALYSING + EVALUATING INFORMATION

Information can be presented in the form of a graph. You will need to know how to work out what this information is telling you and answer questions related to the information presented.

This graph shows the heart rates of two people exercising at the same intensity for 15 minutes.



What things can this graph tell us?

- * Resting heart rate values.
 - * Working heart rate values.
 - * What time exercise started.
 - * What time exercise stopped.
 - * How long recovery took.
 - * Exercise causes heart rate to increase.
 - * Stopping exercise causes heart rate to decrease.
 - * The fitter person has a lower resting heart rate in comparison.
 - * The fitter person has a lower working heart rate in comparison.
 - * The fitter person takes less time for their heart rate to return to resting values after taking part in exercise.
- The opposite is true.

