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| Learning outcome | I understand this | I can recall this | I need to revisit this |
| I know the laws of motion, 1st second and third law. |  |  |  |
| I can apply the laws to practical scenarios. |  |  |  |
| I know the impact of mass on the forces of motion. |  |  |  |
| I know where and when stability needs to be used in sport. I can give more than one sporting example of stability and its impact.  |  |  |  |
| I know the horizontal and vertical forces that can impact on a performance. I am able to draw a free flow diagram with all the relevant forces. |  |  |  |
| I know the components of levers. I know the different classes of levers and examples within the body. |  |  |  |
| I know what a load arm is, as well as an effort arm. I know the impact on the performance.  |  |  |  |
| I know the advantages and disadvantages of each of the different classes of lever.  |  |  |  |
| I can describe a kinematic analysis. I can describe the reliability, practicality and validity. |  |  |  |
| I can describe a wind tunnel. I can describe the reliability, practicality and validity. |  |  |  |
| I can describe a force plate analysis. I can describe the reliability, practicality and validity. |  |  |  |
| I have prepared for the exam at the beginning of the second year.  |  |  |  |

1. Complete the screencasts on levers, 1 and 2. Complete notes.
2. Complete notes on the **power point** Kinematics, force plate, wind tunnels.
3. Complete extensive revision on all sections covered in the first year.
4. Prepare for a full test when you start in Sept.

**Please work on your weak areas, don’t ignore them. Exam practice is the only guaranteed checking process.**