AS LEVEL PE - PROGRESS / TRACKING SHEET

BIOMECHANICAL PRINCIPLES AND LEVERS

TARGET GRADE	
Current Working at Grade	

	Start of Unit			Interim Check			End of Unit		
TOPICS	R	A	G	R	A	G	R	A	G
You can identify Newton's three laws of linear motion applied to sporting movements									
You can define the scalars speed and distance, giving equations and units of measurement									
You can define centre of mass and identify the factors affecting stability									
You can state three classes of lever and give examples of their use in the body during physical activity and sport									
You can identify the mechanical advantage and disadvantage of each class of lever									