

Physical Education GCSE Long Term Plan Year 11

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| W/C | 6 th September | 10 th September | 17 th September | 24 th September | 1 st October | 8 th October | 15 th October | HALF TERM | 31 st November | 5 th November | 12 th November | |
| | Introduction | Health and Fitness Components of Fitness / Linking sports | Warming up and Cooling Down Short and Long-term effects of exercise | Measuring the Components of Fitness Collecting Data | Principals of Training and Overload / Types of Training (Practical) | Training Zones Preventing Injury | Specific Training Techniques Seasonal Aspects | | Use of Data | Classification of Skills | SMART Targets | |
| | Paper 1 – 3.1.3 Physical Training (Coursework-Related Content) Coursework Started | | | | | | | | Paper 2 - 3.2.1 Sports Psychology | | | |
| W/C | 19 th November | 26 th November | 3 rd December | 10 th December | CHRISTMAS | 7 th January | 14 th January | 21 st January | 28 th January | 4 th February | 11 th February | HALF TERM |
| | Information Processing | Guidance and Feedback | Mocks | Mocks | | Mental Preparation | Coursework Finalised | Engagement Patterns | Commercialisation of Sport | Ethical and Socio-cultural Issues | Ethical and Socio-cultural Issues | |
| | Paper 2 - 3.2.1 Sports Psychology | | PE GCSE Paper 1, The human body and movement in physical activity and sport - Mock | | | Paper 2 - 3.2.1 Sports Psychology | | Paper 2 - 3.2.2 Socio-cultural Influences | | | | |
| W/C | 25 th February | 4 th March | 11 th March | 18 th March | 25 th March | 1 st April | EASTER REVISION SESSIONS | 24 th April | 29 th April | 6 th May | 13 th May | |
| | Cardiac output / stroke volume | Mechanics of breathing & spirometer. | Interventions | Moderation Practice | Moderation Practice | Moderation Practice | | FINAL REVISION | FINAL REVISION | FINAL REVISION | FINAL REVISION | |
| | Paper 1 - 3.1.1.2 – The Structure and Functions of the Cardio-Respiratory System | | Any topics missed / not yet covered | Moderation Practice | | | | Revision PE GCSE Paper 1 PE GCSE Paper 2 | | | | |
| W/C | 20 th May | HALF TERM REVISION | | | 3 rd June | 10 th June | 17 th June | 24 th June | 1 st July | 8 th July | | |
| | Year 11 Bespoke Timetable | | | | Year 11 Bespoke Timetable | | | | | | | |
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