

Y11 GCSE PE Component 1

Year 11	GCSE PE		
Week	Key Knowledge- what will students know by the end of this topic?	Key skills- what skills will students have developed by the end of this topic?	Assessment opportunities- How is progress measure?
1-7 Sep-Oct half term	<p>3.4.1 Long-term effects of aerobic and anaerobic training</p> <p>3.4.2 Long-term training effects</p> <p>3.4.3 Long-term training effects and benefits for musculoskeletal system</p> <p>3.4.4 Long-term training effects and benefits for the cardiorespiratory system</p> <p>1.3.1 Energy</p> <p>1.3.2 Energy sources</p> <p>1.4.1 Short term effects on lactate accumulation, muscle fatigue and relevance on performer</p> <p>1.4.2 Short term effects on heart rate, stroke volume and cardiac output</p> <p>1.4.3 Short term effects on depth and rate of breathing</p> <p>3.5.1 Use of a PARQ</p> <p>3.5.2 Injury prevention</p> <p>3.5.3 Injuries that can occur</p> <p>3.5.4 RICE (Injury treatment)</p>	<p>Exam technique - be able to apply knowledge to relevant question level. Be able to apply knowledge to sporting scenarios</p> <p>Be able to describe/state/define (AO1), apply using examples from sport (AO2), and explain/evaluate/analyse topics learned (AO3)</p> <p>Structure answers according to 'command words' in exam questions</p> <p>Recall key vocabulary and terminology</p> <p>Explain key anatomical concepts.</p> <p>Develop the skills of analysis and evaluation of performance in physical activity and sport.</p> <p>Be able to identify cross curricular links between C1 and C2 factors</p> <p>Be able to identify cross curricular links with other subjects - especially science (anatomy and physiology), maths (data analysis), English (longer answers to 9-mark questions, writing structure etc), PSHCE (health and well-being) etc.</p>	<p>Ongoing teacher assessment and questioning. Regular homework – using 'The Everlearner' online platform.</p> <p>Regular 'Test yourself' topic tests.</p> <p>Formal mock assessment.</p> <p>Peer/Self-assessment</p> <p>Regular interleaving starter tests checking previous learning</p>
Oct- Christmas	<p>3.5.5 Performance-enhancing drugs (PEDs)</p> <p>Revision for Mocks (week beginning 18th November)</p> <p>AfL lesson following mock</p> <p>3.6.1 Purpose and importance of warm-ups and cool downs</p> <p>3.6.2 Phases of a warm-up</p> <p>3.6.3 Activities included in a warm-up and cool downs</p>	<p>Exam technique - be able to apply knowledge to relevant question level. Be able to apply knowledge to sporting scenarios</p> <p>Be able to describe/state/define (AO1), apply using examples from sport (AO2), and explain/evaluate/analyse topics learned (AO3)</p> <p>Structure answers according to 'command words' in exam questions</p> <p>Recall key vocabulary and terminology</p> <p>Explain key anatomical concepts.</p> <p>Develop the skills of analysis and evaluation of performance in physical activity and sport.</p>	<p>Ongoing teacher assessment and questioning. Regular homework – using 'The Everlearner' online platform.</p> <p>Regular 'Test yourself' topic tests.</p> <p>Formal mock assessment.</p> <p>Peer/Self-assessment</p> <p>Regular interleaving starter tests checking previous learning</p>

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Jan-Feb half term	<p>2.1 Lever systems</p> <p>2.2 Planes and axes of movement</p> <p>First, second- and third-class levers</p> <p>Mechanical advantage and disadvantage</p> <p>Movement patterns using body planes and axis</p> <p>Movement in the sagittal plane on the frontal axis</p> <p>Movement in the frontal plane on the sagittal axis</p> <p>Movement in the transverse plane about the vertical axis</p>	<p>Exam technique - be able to apply knowledge to relevant question level. Be able to apply knowledge to sporting scenarios</p> <p>Be able to describe/state/define (AO1), apply using examples from sport (AO2), and explain/evaluate/analyse topics learned (AO3)</p> <p>Structure answers according to 'command words' in exam questions</p> <p>Recall key vocabulary and terminology</p> <p>Explain key anatomical concepts.</p> <p>Develop the skills of analysis and evaluation of performance in physical activity and sport.</p> <p>Be able to identify cross curricular links between C1 and C2 factors</p> <p>Be able to identify cross curricular links with other subjects - especially science (anatomy and physiology), maths (data analysis), English (longer answers to 9-mark questions, writing structure etc), PSHCE (health and well-being) etc.</p>	<p>Ongoing teacher assessment and questioning. Regular homework – using 'The Everlearner' online platform.</p> <p>Regular 'Test yourself' topic tests.</p> <p>Formal mock assessment.</p> <p>Peer/Self-assessment</p> <p>Regular interleaving starter tests checking previous learning</p>
Feb- Easter	<p>4.1.1 Develop knowledge and understanding of data analysis in relation to key areas of physical activity and sport</p> <p>4.1.2 Demonstrate an understanding of how data is collected, qualitative and quantitative</p> <p>4.1.3/4.1.4 Present and interpret data accurately</p> <p>4.1.5 Analyse and evaluate statistical data from their own results</p> <p>Revision of all topic areas</p>	<p>Exam technique - be able to apply knowledge to relevant question level.</p> <p>Be able to apply knowledge to sporting scenarios</p> <p>Be able to describe/state/define (AO1), apply using examples from sport (AO2), and explain/evaluate/analyse topics learned (AO3)</p> <p>Structure answers according to 'command words' in exam questions</p> <p>Recall key vocabulary and terminology</p> <p>Explain key anatomical concepts.</p> <p>Develop the skills of analysis and evaluation of performance in physical activity and sport.</p> <p>Be able to identify cross curricular links between C1 and C2 factors</p>	<p>Ongoing teacher assessment and questioning. Regular homework – using 'The Everlearner' online platform.</p> <p>Regular 'Test yourself' topic tests.</p> <p>Formal mock assessment.</p> <p>Peer/Self-assessment</p> <p>Regular interleaving starter tests checking previous learning</p>

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Easter-Summer exam date	<p>4.1.1 Develop knowledge and understanding of data analysis in relation to key areas of physical activity and sport</p> <p>4.1.2 Demonstrate an understanding of how data is collected, qualitative and quantitative</p> <p>4.1.3/4.1.4 Present and interpret data accurately</p> <p>4.1.5 Analyse and evaluate statistical data from their own results</p> <p>Revision of all topic areas</p>	<p>Exam technique - be able to apply knowledge to relevant question level.</p> <p>Be able to apply knowledge to sporting scenarios</p> <p>Be able to describe/state/define (AO1), apply using examples from sport (AO2), and explain/evaluate/analyse topics learned (AO3)</p> <p>Structure answers according to 'command words' in exam questions</p> <p>Recall key vocabulary and terminology</p> <p>Explain key anatomical concepts.</p> <p>Develop the skills of analysis and evaluation of performance in physical activity and sport.</p> <p>Be able to identify cross curricular links between C1 and C2 factors</p> <p>Be able to identify cross curricular links with other subjects - especially science (anatomy and physiology), maths (data analysis), English (longer answers to 9-mark questions, writing structure etc), PSHCE (health and well-being) etc.</p>	<p>Ongoing teacher assessment and questioning. Regular homework – using 'The Everlearner' online platform.</p> <p>Regular 'Test yourself' topic tests.</p> <p>Formal mock assessment.</p> <p>Peer/Self-assessment</p> <p>Regular interleaving starter tests checking previous learning</p>