

<b>Year Group: 11</b>	<b>Subject: GCSE PE</b>	<b>Term: Autumn</b>
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<b>Topic</b>		<b>Key Learning points</b>	<b>Assessments</b>
<b>Coursework</b>	<p>Introduce Part 2 Action Plan</p> <p>Link to fitness weakness from part 1</p> <p>Training method – Justification, Advantages &amp; disadvantages</p> <p>Session Plan – Pictures, Structure, Warm up &amp; cool down &amp; Timings</p> <p>Key instruction – Description, how to complete each stage &amp; Individual activity instructions</p> <p>Exercise Intensities - Max HR calculations, Training zone calculations, Justification</p> <p>Long term impacts - Improvements physiologically &amp; Impact on performance</p> <p>Other areas of course - SPORT &amp; FITT, Inverted U theory, Somatotypes, Personality, Part 1 &amp; Part 2 Update and improve using peer, teacher feedback and assessment criteria</p> <p>Coursework HAND IN DEADLINE - Print, staple and sign sheets, Candidate numbers, Reference lists</p>	<p>Students will be assessed each lesson during revision based tasks and past paper questions. Students will also complete full exam papers during the mock exam period.</p> <ul style="list-style-type: none"> <li>• Before each assessment students will complete a revision homework</li> <li>• After each assessment there will be an opportunity for students to review their understanding</li> <li>• Full analysis of the paper to review strengths and areas of weakness linked to topic areas or styles of questions.</li> </ul>	
<b>Revision and Recap</b>	<p>Components of Fitness</p> <p>Testing methods</p> <p>Training methods</p> <p>Joints</p> <p>Muscles</p> <p>Movement analysis</p> <p>Long term effects of exercise</p> <p>Exercise intensities</p> <p>Warm ups and cool downs</p> <p>SPORT &amp; FITT</p> <p>Inverted U theory</p> <p>Somatotypes</p> <p>Personality</p> <p>Motivation</p>	<p>All assessments will be marked by teachers and results recorded and used to challenge and support as appropriate.</p> <p>Assessment and grading of practical sports will be confirmed and also be undertaken during Core PE lessons.</p> <p>Any additional video evidence for sports participated in outside of school will also need to be submitted.</p>	

