A level PE: Yr 12 Autumn 2021 Term Curriculum

Week	P4	Topic	Resources
1	Wednesday	Course overview	Resources from MLD
1	8 th	Bones location and types of bone	worksheets & PowerPoint slides
	September	Structure of the skeleton axial & appendicular,	Pages 2 - 3 of text book
		vertebral column	
2	Tuesday	Functions of the skeleton.	Resources from MLD
	14 th	Structure of a synovial joint.	worksheets & PowerPoint slides
	September		Pages 3-4 of text book
4	Wednesday	Types of freely movable joints that allow different	Resources from MLD
1	22nd	movements.	worksheets & PowerPoint slides
	September		Page 5 of text book
	Tuesday	How joints differ in design to allow certain types of	Resources from MLD
2	28th	movement at a joint.	worksheets & PowerPoint slides
		Movement patterns	Pages 5 - 8 of text book
	September	Movement patterns	ruges s o or text book
1	Wednesday	Muscles of the body & locations	Resources from MLD
	6 th		worksheets & PowerPoint slides
	October		pages 9 – 10 of text book
~	Tuesday	Joint Focus - How the major muscles and muscle	Resources from MLD
2	12 th	groups of the body work antagonistically on the	worksheets & PowerPoint slides
	October	major joints of the skeleton to affect movement in	Pages 13 - 19 of text book
	October	physical activity at the major movable joints.	
1	Wednesday	Roles of the muscles	Resources from MLD
1	20 th	Types of contractions	worksheets & PowerPoint slides
	October	Types of muscles	Pages 10 - 13 of text book
HALF TERM HOLIDAYS			
	Tuesday	Movement analysis	Resources from MLD
2	2 nd	,,	worksheets & PowerPoint slides
	November		Pages 13 - 19 of text book
_		Skeletal Muscle contractions, motor units and	Resources from MLD
1	Wednesday 10 th	nerve stimulation	worksheets & PowerPoint slides
	_	nerve stillulation	pages 21 – 22 of text book
	November		
2	Tuesday	Muscle fibre types & how they are used for	Resources from MLD
_	16 th	different exercise & recovery	worksheets & PowerPoint slides
	November		pages 23 – 26 of text book
1	Wednesday	Structure of the heart & pathway of blood	Resources from MLD
_	24 th		worksheets & PowerPoint slides
	November		pages 27 – 29 of text book
2	Tuesday	Conduction system & cardiac cycle	Resources from MLD
	30 th		worksheets & PowerPoint slides
	November		Pages 29 - 31 of text book
4	Wednesday	Heart measures at rest – cardiac output, stroke	Resources from MLD
1	8 th	volume, heart rate	worksheets & PowerPoint slides
	December	, in the second of the second	Pages 32 - 34 of text book
-	Tuesday	Heart measures at exercise— cardiac output, stroke	Resources from MLD
2	1 uesday 14 th	volume, heart rate	worksheets & PowerPoint slides
		volume, near trate	Pages 34 - 36 of text book
	December		rages 34 - 30 OI LEXT DOOK