

Yr 10 GCSE PE Summer Term Plan for Miss Dix's class

| Day | Lesson | Topic | Resources |
|-------------|--------|--|-----------------------------|
| Tues 24 Mar | P1 | Practical Lesson 1 hour of physical activity | Core PE Task Sheet |
| | P2 | Cardio-Respiratory, | 15 – 22 Seneca |
| Thur 26 Mar | P5 | Types & effects of exercise | 23 – 27 Seneca |
| Tues 31 Mar | P1 | Practical Lesson 1 hour of physical activity | Core PE Task Sheet |
| | P2 | Movement Analysis Levers, Planes & Axes | 28 – 31 Seneca |
| Thur 2 Apr | P5 | Components of Fitness | 32 - 40 Seneca |
| Tues 7 Apr | P1 | Practical Lesson 1 hour of physical activity | Core PE Task Sheet |
| | P2 | Fitness Testing | 40 – 47 Seneca |
| Thur 9 Apr | P5 | Principles of Training Training Intensities, Warm up /Cool down | 48 – 50 & 59 - 64 Seneca |
| Tues 14 Apr | P1 | Practical Lesson 1 hour of physical activity | Core PE Task Sheet |
| | P2 | Training Methods | 51 – 58 Seneca |
| Thur 16 Apr | P5 | Classification of Skills, Goals & Targets | 67 - 71 Seneca |
| Tues 21 Apr | P1 | Practical Lesson 1 hour of physical activity | Core PE Task Sheet |
| | P2 | Information processing, Guidance & Feedback | 72 – 75 Seneca |
| Thur 23 Apr | P5 | Arousal, Personality, Aggression & Motivation | 76 – 81 Seneca |
| Tues 28 Apr | P1 | Practical Lesson 1 hour of physical activity | Core PE Task Sheet |
| | P2 | Social Groups & barriers to participation | 82 – 84 Seneca |
| Thur 30 Apr | P5 | Commercialisation & Technology | 85 – 89 Seneca |
| Tues 5 May | P1 | Practical Lesson 1 hour of physical activity | Core PE Task Sheet |
| | P2 | Conduct of Performers & PEDs | 90 – 98 Seneca |
| Thur 7 May | P5 | PEDs | 90 - 98 Seneca |
| Tues 12 May | P1 | Practical Lesson 1 hour of physical activity | Core PE Task Sheet |
| | P2 | Spectator Behaviour & Hooliganism | 99 Seneca |
| Thur 14 May | P5 | Physical, Social & Mental health | 100 – 102 Seneca |
| Tues 19 May | P1 | Practical Lesson 1 hour of physical activity | Core PE Task Sheet |
| | P2 | Obesity & somatotypes | 103 – 106 Seneca |

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| Thur 21 May | P5 | Energy, Diet & water | 107 - 109 Seneca |
| Tues 26 May | P1 | Practical Lesson 1 hour of physical activity | Core PE Task Sheet |
| | P2 | Applied Anatomy & Physiology Exam Question Practise | Questions emailed from MLD |
| Thur 28 May | P5 | Physical Training Exam Question Practise | Questions emailed from MLD |
| Tues 2 Jun | P1 | Practical Lesson 1 hour of physical activity | Core PE Task Sheet |
| | P2 | Movement Analysis Exam Question Practise | Questions emailed from MLD |
| Thur 4 June | P5 | Sports Psychology Exam Question Practise | Questions emailed from MLD |
| Tues 9 June | P1 | Practical Lesson 1 hour of physical activity | Core PE Task Sheet |
| | P2 | Socio – Cultural Exam Question Practise | Questions emailed from MLD |
| Thur 11 June | P5 | Health Fitness & Wellbeing Exam Question Practise | Questions emailed from MLD |
| Tues 16 June | P1 | Practical Lesson 1 hour of physical activity | Core PE Task Sheet |
| | P2 | Data Analysis Exam Question Practise | Questions emailed from MLD |
| Thur 18 June | P5 | Revision for and completion of; Standardised Assessment 1.1.1 – Musculoskeletal | Seneca |
| Tues 23 June | P1 | Practical Lesson 1 hour of physical activity | Core PE Task Sheet |
| | P2 | Revision for and completion of; Standardised Assessment 1.1.2 – Cardio Respiratory | Seneca |
| Thur 25 June | P5 | Revision for and completion of; Standardised Assessment 1.2.1 – Movement Analysis | Seneca |
| Tues 30 June | P1 | Practical Lesson 1 hour of physical activity | Core PE Task Sheet |
| | P2 | Revision for and completion of; Standardised Assessment 1.3.1 – Components of Fitness | Seneca |
| Thur 2 July | P5 | Revision for and completion of; Standardised Assessment 1.4.1 – Principles of Training | Seneca |
| Tues 7 July | P1 | Practical Lesson 1 hour of physical activity | Core PE Task Sheet |
| | P2 | Revision for and completion of; Standardised Assessment 1.5.1 – Sports Psychology | Seneca |
| Thur 9 July | P5 | Revision for and completion of; Standardised Assessment 1.6.1- Commercialisation | Seneca |
| Tues 14 July | P1 | Practical Lesson 1 hour of physical activity | Core PE Task Sheet |
| | P2 | Revision for and completion of; Standardised Assessment 1.6.2 – Ethical Issues | Seneca |
| Thur 16 July | P5 | Revision for and completion of; Standardised Assessment 1.7.1 – Health & Fitness | Seneca |

Lessons are designed to be revision based use your notes, the purple guide and Seneca. I will also send questions via email

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Advice on how to revise:

- 1) Do little and often. 20-30 minute bursts, and then practise questions.
- 2) Use the revision guide. (pages in purple)
- 3) Use the RAG rated course outline in your folders.
- 4) Study a page, make a revision card/summary poster. Cover it up. Test yourself (see what you can recall).
- 5) Make posters/ highlight key terms. **MAKE IT MEMORABLE**

Practical Lessons

Please use the task sheet sent for Core PE lessons to complete an active workout session. This will help to keep your general fitness levels up and help with practical grades. Complete an activity log too.

Remember to follow government guidelines to keep you and your families safe and well

Any questions please do email me.