Subject: GCSE PE

Year Group: 11

Week	Subject Topic	Key Learning points/big questions	Independent/Home learning	Linked Assessment	Resources			
beginning	Subject Topic	key tearning points/big questions	independent/ nome learning	Linked Assessment	Resources			
2/11	Mock Exam Week							
9/11	Blood and its role in Physical Activity	What is blood made up of? What are the components roles? How do these elements aid athletes in training and competitions?	Use marked paper to identify areas of improvement- Use PLC to do this.  Re- answer questions that you got less than 50% on- Use all information available to you to answer.	Subject topic- End of unit exam Independent/ Home learning- PPE2	Lesson powerpoint- https://eaqbuckland.sharepoint.com/peands port/Shared%20Documents/Forms/AllItems. aspx?viewid=ad8c2f35%2De7f0%2D4f62%2D b162%2Df22ed1a32283&id=%2Fpeandsport %2FShared%20Documents%2FStudent%20Fil es%2FGCSE%20PE%2FApplied%20Anatomy% 20and%20Physiology  GCSE Pod- https://members.qcsepod.com/pupils/assign ments/assignment/719637  Knowledge organisers- https://eaqbuckland.sharepoint.com/peands port/Shared%20Documents/Forms/AllItems. aspx?viewid=ad8c2f35%2De7f0%2D4f62%2D b162%2Df22ed1a32283&id=%2Fpeandsport %2FShared%20Documents%2FStudent%20Fil es%2FGCSE%20PE%2FKnowledqe%20organis ers%2FComponent%202			
16/11	The respiratory system  Gaseous exchange	Know the composition of air inhaled and exhaled Label the respiratory system Explain the mechanics of breathing  Understand the term diffusion in relations to gaseous exchange Know how gaseous exchange adapts during exercise Why are capillaries good for gaseous exchange to occur at?	PPE 2 revision- Component 1 Complete the following GCSE pods from the Fitness and body systems playlist: Applied Anatomy and Physiology: Structure and Function of the Musculo- skeletal system:  - Functions of the skeleton applied to performance  - The classification of bones  - The classification of joints  - The classification and characteristics of muscle types  - The skeleton and the voluntary muscle system  Make notes.  Use KO on same topic and make revision notes	Subject topic- End of unit exam Independent/ Home learning- PPE2	Lesson powerpoint- https://eqabuckland.sharepoint.com/peands port/Shared%20Documents/Forms/AllItems. aspx?viewid=ad8c2f35%2De7f0%2D4f62%2D b162%2Df22ed1a32283&id=%2Fpeandsport %2FShared%20Documents%2FStudent%20Fil es%2FGCSE%20PE%2FApplied%20Anatomy% 20and%20Physiology  GCSE Pod- https://www.qcsepod.com/  Knowledge organisers- https://eaqbuckland.sharepoint.com/peands port/Shared%20Documents/Forms/AllItems. aspx?viewid=ad8c2f35%2De7f0%2D4f62%2D b162%2Df22ed1a32283&id=%2Fpeandsport %2FShared%20Documents%2FStudent%20Fil			

					es%2FGCSE%20PE%2FKnowledge%20organis
					ers%2FComponent%201
23/11	Cardiovascular and the	Be able to explain the process of how air	PPE 2 revision- Component 1	Subject topic- End of unit exam	Lesson powerpoint-
	respiratory system	is inhaled and transported around the	Complete the following GCSE pods from the		https://eggbuckland.sharepoint.com/peands
	working together	body using both systems.	Fitness and body systems playlist: Applied	Independent/ Home learning- PPE2	port/Shared%20Documents/Forms/AllItems.
			Anatomy and Physiology: Structure and		aspx?viewid=ad8c2f35%2De7f0%2D4f62%2D
			Function of the Musculo- skeletal system: - Slow twitch and fast twitch muscles		b162%2Df22ed1a32283&id=%2Fpeandsport
					%2FShared%20Documents%2FStudent%20Fil
			<ul> <li>How the skeletal and muscular</li> </ul>		es%2FGCSE%20PE%2FApplied%20Anatomy%
			systems work together		20and%20Physiology
			<ul> <li>Structure and function of the</li> </ul>		
			skeletal system		GCSE Pod- https://www.qcsepod.com/
			<ul> <li>The main bones in the body</li> </ul>		
			<ul> <li>Classification of joints and joint</li> </ul>		Knowledge organisers-
			movement		https://eqqbuckland.sharepoint.com/peands
			Make notes.		port/Shared%20Documents/Forms/AllItems.
			Use KO on same topic and make revision notes		aspx?viewid=ad8c2f35%2De7f0%2D4f62%2D
					<u>b162%2Df22ed1a32283&amp;id=%2Fpeandsport</u>
					%2FShared%20Documents%2FStudent%20Files%2FGCSE%20PE%2FKnowledge%20organis
					ers%2FCcmponent%201
30/11	Aerobic and Anaerobic	Define key terms	PPE 2 revision- Component 1	Subject topic- End of unit exam	
30/11	system	Classify activities into either Aerobic or	Complete the following GCSE pods from the	Subject topic- End of unit exam	Lesson powerpoint- https://egqbuckland.sharepoint.com/peands
	System	Anaerobic	Fitness and body systems playlist: Applied	Independent/ Home learning- PPE2	port/Shared%20Documents/Forms/AllItems.
		Know the equation for both types of	Anatomy and Physiology: Structure and	independenty frome learning-11 L2	aspx?viewid=ad8c2f35%2De7f0%2D4f62%2D
		respiration and be able to explain each	Function of the Musculo- skeletal system and		b162%2Df22ed1a32283&id=%2Fpeandsport
		part	Anaerobic and Aerobic Exercise and Short-		%2FShared%20Documents%2FStudent%20Fil
		part	Term effects of Exercise:		es%2FGCSE%20PE%2FApplied%20Anatomy%
	Short term effects of	Define key terms	- Voluntary Muscular system		20and%20Physiology
	exercise on the cardiac	Know the cardiac equation	- Antagonist Muscle action		<u> Zodnavezor nystology</u>
	system	Explain how the values in the equation	- Diet and Nutrients		GCSE Pod- https://www.qcsepod.com/
	",""	alter due to exercise	- Anaerobic and Aerobic exercise		
			<ul> <li>Short-Term Effects of Exercise</li> </ul>		Knowledge organisers-
			Make notes.		https://eggbuckland.sharepoint.com/peands
			Use KO on same topic and make revision notes		port/Shared%20Documents/Forms/AllItems.
			·		aspx?viewid=ad8c2f35%2De7f0%2D4f62%2D
					b162%2Df22ed1a32283&id=%2Fpeandsport
					%2FShared%20Documents%2FStudent%20Fil
					es%2FGCSE%20PE%2FKnowledge%20organis
					ers%2FComponent%201
7/12	Short term effects of	Define key terms	PPE 2 revision- Component 1	Subject topic- End of unit exam	Lesson powerpoint-
	exercise on respiratory	Know the respiratory equation	Complete the following GCSE pods from the		https://eqqbuckland.sharepoint.com/peands
	system	Explain how the values in the equation	Fitness and body systems playlist: Applied	Independent/ Home learning- PPE2	port/Shared%20Documents/Forms/AllItems.
		alter due to exercise	Anatomy and Physiology: Short- Term Effects		aspx?viewid=ad8c2f35%2De7f0%2D4f62%2D
					b162%2Df22ed1a32283&id=%2Fpeandsport

			of Exercise and The structure and Functions of		%2FShared%20Documents%2FStudent%20Fil
			the Cardio- Respiratory System:		es%2FGCSE%20PE%2FApplied%20Anatomv%
			- Stroke Volume and Cardiac Output		20and%20Physiology
			- The structure of the cardiovascular		<u>Zouna/8281 Hysiology</u>
			system		GCSE Pod- https://www.gcsepod.com/
			- Blood composition		Test Four Inteps://www.qesepou.com/
			- Components of the respiratory		Knowledge organisers-
			System and Gaseous Exchange		https://eggbuckland.sharepoint.com/peands
			- Short- Term effects of Exercise		port/Shared%20Documents/Forms/AllItems.
			Make notes.		aspx?viewid=ad8c2f35%2De7f0%2D4f62%2D
			Use KO on same topic and make revision notes		b162%2Df22ed1a32283&id=%2Fpeandsport
			ose ko on sume topic una make revision notes		%2FShared%20Documents%2FStudent%20Fil
					es%2FGCSE%20PE%2FKnowledge%20organis
					ers%2FComponent%201
14/12	Short term effects of	Define key terms	PPE 2 revision- Component 1	Subject topic- End of unit exam	Lesson powerpoint-
,	exercise on the vascular	Fully explain the process of vascular	Complete the following GCSE pods from the		https://eaabuckland.sharepoint.com/peands
	system	shunting and the terms vasoconstriction	Fitness and body systems playlist: Physical	Independent/ Home learning- PPE2	port/Shared%20Documents/Forms/AllItems.
		and vasodilation	Training:		aspx?viewid=ad8c2f35%2De7f0%2D4f62%2D
			- The relationship between Health,		b162%2Df22ed1a32283&id=%2Fpeandsport
			Fitness, Exercise and performance		%2FShared%20Documents%2FStudent%20Fil
	Short term effects of	Define the term lactate accumulation and	<ul> <li>Fitness Testing and protocols</li> </ul>		es%2FGCSE%20PE%2FApplied%20Anatomy%
	exercise on the	its relationship with muscle fatigue	- Components of Fitness: Part 1		20and%20Physiology
	muscular system	What happens during the recovery phase	- Components of Fitness: Part 2		
	,	and how oxygen debt is repaid	Make notes.		GCSE Pod- https://www.gcsepod.com/
			Use KO on same topic and make revision notes		
					Knowledge organisers-
					https://eggbuckland.sharepoint.com/peands
					port/Shared%20Documents/Forms/AllItems.
					aspx?viewid=ad8c2f35%2De7f0%2D4f62%2D
					b162%2Df22ed1a32283&id=%2Fpeandsport
					%2FShared%20Documents%2FStudent%20Fil
					es%2FGCSE%20PE%2FKnowledge%20organis
					ers%2FComponent%201