

Subject: GCSE PE

Year Group: 11

Week beginning	Subject Topic	Key Learning points/big questions	Independent/Home learning	Linked Assessment	Resources
<b>2/11</b>	<b>Mock Exam Week</b>				
<b>9/11</b>	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	<b>Lesson powerpoint-</b> <a href="https://eqgbuckland.sharepoint.com/peandsport/Shared%20Documents/Forms/AllItems.aspx?viewid=ad8c2f35%2De7f0%2D4f62%2Db162%2Df22ed1a32283&amp;id=%2Fpeandsport%2FShared%20Documents%2FStudent%20Files%2FGCSE%20PE%2FApplied%20Anatomy%20and%20Physiology">https://eqgbuckland.sharepoint.com/peandsport/Shared%20Documents/Forms/AllItems.aspx?viewid=ad8c2f35%2De7f0%2D4f62%2Db162%2Df22ed1a32283&amp;id=%2Fpeandsport%2FShared%20Documents%2FStudent%20Files%2FGCSE%20PE%2FApplied%20Anatomy%20and%20Physiology</a>  <b>GCSE Pod-</b> <a href="https://members.qcsepod.com/pupils/assignments/assignment/719637">https://members.qcsepod.com/pupils/assignments/assignment/719637</a>  <b>Knowledge organisers-</b> <a href="https://eqgbuckland.sharepoint.com/peandsport/Shared%20Documents/Forms/AllItems.aspx?viewid=ad8c2f35%2De7f0%2D4f62%2Db162%2Df22ed1a32283&amp;id=%2Fpeandsport%2FShared%20Documents%2FStudent%20Files%2FGCSE%20PE%2FKnowledge%20organisers%2FComponent%202">https://eqgbuckland.sharepoint.com/peandsport/Shared%20Documents/Forms/AllItems.aspx?viewid=ad8c2f35%2De7f0%2D4f62%2Db162%2Df22ed1a32283&amp;id=%2Fpeandsport%2FShared%20Documents%2FStudent%20Files%2FGCSE%20PE%2FKnowledge%20organisers%2FComponent%202</a>
<b>16/11</b>	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: <ul style="list-style-type: none"> <li>- Functions of the skeleton applied to performance</li> <li>- The classification of bones</li> <li>- The classification of joints</li> <li>- The classification and characteristics of muscle types</li> <li>- The skeleton and the voluntary muscle system</li> </ul> Make notes. Use KO on same topic and make revision notes	Subject topic- End of unit exam  Independent/ Home learning- PPE2	<b>Lesson powerpoint-</b> <a href="https://eqgbuckland.sharepoint.com/peandsport/Shared%20Documents/Forms/AllItems.aspx?viewid=ad8c2f35%2De7f0%2D4f62%2Db162%2Df22ed1a32283&amp;id=%2Fpeandsport%2FShared%20Documents%2FStudent%20Files%2FGCSE%20PE%2FApplied%20Anatomy%20and%20Physiology">https://eqgbuckland.sharepoint.com/peandsport/Shared%20Documents/Forms/AllItems.aspx?viewid=ad8c2f35%2De7f0%2D4f62%2Db162%2Df22ed1a32283&amp;id=%2Fpeandsport%2FShared%20Documents%2FStudent%20Files%2FGCSE%20PE%2FApplied%20Anatomy%20and%20Physiology</a>  <b>GCSE Pod-</b> <a href="https://www.qcsepod.com/">https://www.qcsepod.com/</a>  <b>Knowledge organisers-</b> <a href="https://eqgbuckland.sharepoint.com/peandsport/Shared%20Documents/Forms/AllItems.aspx?viewid=ad8c2f35%2De7f0%2D4f62%2Db162%2Df22ed1a32283&amp;id=%2Fpeandsport%2FShared%20Documents%2FStudent%20Files%2FGCSE%20PE%2FKnowledge%20organisers%2FComponent%202">https://eqgbuckland.sharepoint.com/peandsport/Shared%20Documents/Forms/AllItems.aspx?viewid=ad8c2f35%2De7f0%2D4f62%2Db162%2Df22ed1a32283&amp;id=%2Fpeandsport%2FShared%20Documents%2FStudent%20Files%2FGCSE%20PE%2FKnowledge%20organisers%2FComponent%202</a>

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<b>23/11</b>	Cardiovascular and the respiratory system working together	Be able to explain the process of how air is inhaled and transported around the body using both systems.	<p>PPE 2 revision- Component 1</p> <p>Complete the following GCSE pods from the Fitness and body systems playlist: Applied Anatomy and Physiology: Structure and Function of the Musculo- skeletal system:</p> <ul style="list-style-type: none"> <li>- Slow twitch and fast twitch muscles</li> <li>- How the skeletal and muscular systems work together</li> <li>- Structure and function of the skeletal system</li> <li>- The main bones in the body</li> <li>- Classification of joints and joint movement</li> </ul> <p>Make notes.</p> <p>Use KO on same topic and make revision notes</p>	<p>Subject topic- End of unit exam</p> <p>Independent/ Home learning- PPE2</p>	<p><b>Lesson powerpoint-</b>  <a href="https://eqgbuckland.sharepoint.com/peandsport/Shared%20Documents/Forms/AllItems.aspx?viewid=ad8c2f35%2De7f0%2D4f62%2Db162%2Df22ed1a32283&amp;id=%2Fpeandsport%2FShared%20Documents%2FStudent%20Files%2FGCSE%20PE%2FApplied%20Anatomy%20and%20Physiology">https://eqgbuckland.sharepoint.com/peandsport/Shared%20Documents/Forms/AllItems.aspx?viewid=ad8c2f35%2De7f0%2D4f62%2Db162%2Df22ed1a32283&amp;id=%2Fpeandsport%2FShared%20Documents%2FStudent%20Files%2FGCSE%20PE%2FApplied%20Anatomy%20and%20Physiology</a></p> <p><b>GCSE Pod-</b> <a href="https://www.qcsepod.com/">https://www.qcsepod.com/</a></p> <p><b>Knowledge organisers-</b>  <a href="https://eqgbuckland.sharepoint.com/peandsport/Shared%20Documents/Forms/AllItems.aspx?viewid=ad8c2f35%2De7f0%2D4f62%2Db162%2Df22ed1a32283&amp;id=%2Fpeandsport%2FShared%20Documents%2FStudent%20Files%2FGCSE%20PE%2FKnowledge%20organisers%2FComponent%201">https://eqgbuckland.sharepoint.com/peandsport/Shared%20Documents/Forms/AllItems.aspx?viewid=ad8c2f35%2De7f0%2D4f62%2Db162%2Df22ed1a32283&amp;id=%2Fpeandsport%2FShared%20Documents%2FStudent%20Files%2FGCSE%20PE%2FKnowledge%20organisers%2FComponent%201</a></p>
<b>30/11</b>	<p>Aerobic and Anaerobic system</p> <p>Short term effects of exercise on the cardiac system</p>	<p>Define key terms</p> <p>Classify activities into either Aerobic or Anaerobic</p> <p>Know the equation for both types of respiration and be able to explain each part</p> <p>Define key terms</p> <p>Know the cardiac equation</p> <p>Explain how the values in the equation alter due to exercise</p>	<p>PPE 2 revision- Component 1</p> <p>Complete the following GCSE pods from the Fitness and body systems playlist: Applied Anatomy and Physiology: Structure and Function of the Musculo- skeletal system and Anaerobic and Aerobic Exercise and Short-Term effects of Exercise:</p> <ul style="list-style-type: none"> <li>- Voluntary Muscular system</li> <li>- Antagonist Muscle action</li> <li>- Diet and Nutrients</li> <li>- Anaerobic and Aerobic exercise</li> <li>- Short-Term Effects of Exercise</li> </ul> <p>Make notes.</p> <p>Use KO on same topic and make revision notes</p>	<p>Subject topic- End of unit exam</p> <p>Independent/ Home learning- PPE2</p>	<p><b>Lesson powerpoint-</b>  <a href="https://eqgbuckland.sharepoint.com/peandsport/Shared%20Documents/Forms/AllItems.aspx?viewid=ad8c2f35%2De7f0%2D4f62%2Db162%2Df22ed1a32283&amp;id=%2Fpeandsport%2FShared%20Documents%2FStudent%20Files%2FGCSE%20PE%2FApplied%20Anatomy%20and%20Physiology">https://eqgbuckland.sharepoint.com/peandsport/Shared%20Documents/Forms/AllItems.aspx?viewid=ad8c2f35%2De7f0%2D4f62%2Db162%2Df22ed1a32283&amp;id=%2Fpeandsport%2FShared%20Documents%2FStudent%20Files%2FGCSE%20PE%2FApplied%20Anatomy%20and%20Physiology</a></p> <p><b>GCSE Pod-</b> <a href="https://www.qcsepod.com/">https://www.qcsepod.com/</a></p> <p><b>Knowledge organisers-</b>  <a href="https://eqgbuckland.sharepoint.com/peandsport/Shared%20Documents/Forms/AllItems.aspx?viewid=ad8c2f35%2De7f0%2D4f62%2Db162%2Df22ed1a32283&amp;id=%2Fpeandsport%2FShared%20Documents%2FStudent%20Files%2FGCSE%20PE%2FKnowledge%20organisers%2FComponent%201">https://eqgbuckland.sharepoint.com/peandsport/Shared%20Documents/Forms/AllItems.aspx?viewid=ad8c2f35%2De7f0%2D4f62%2Db162%2Df22ed1a32283&amp;id=%2Fpeandsport%2FShared%20Documents%2FStudent%20Files%2FGCSE%20PE%2FKnowledge%20organisers%2FComponent%201</a></p>
<b>7/12</b>	Short term effects of exercise on respiratory system	<p>Define key terms</p> <p>Know the respiratory equation</p> <p>Explain how the values in the equation alter due to exercise</p>	<p>PPE 2 revision- Component 1</p> <p>Complete the following GCSE pods from the Fitness and body systems playlist: Applied Anatomy and Physiology: Short- Term Effects</p>	<p>Subject topic- End of unit exam</p> <p>Independent/ Home learning- PPE2</p>	<p><b>Lesson powerpoint-</b>  <a href="https://eqgbuckland.sharepoint.com/peandsport/Shared%20Documents/Forms/AllItems.aspx?viewid=ad8c2f35%2De7f0%2D4f62%2Db162%2Df22ed1a32283&amp;id=%2Fpeandsport%2FShared%20Documents%2FStudent%20Files%2FGCSE%20PE%2FApplied%20Anatomy%20and%20Physiology">https://eqgbuckland.sharepoint.com/peandsport/Shared%20Documents/Forms/AllItems.aspx?viewid=ad8c2f35%2De7f0%2D4f62%2Db162%2Df22ed1a32283&amp;id=%2Fpeandsport%2FShared%20Documents%2FStudent%20Files%2FGCSE%20PE%2FApplied%20Anatomy%20and%20Physiology</a></p>

			<p>of Exercise and The structure and Functions of the Cardio- Respiratory System:</p> <ul style="list-style-type: none"> <li>- Stroke Volume and Cardiac Output</li> <li>- The structure of the cardiovascular system</li> <li>- Blood composition</li> <li>- Components of the respiratory System and Gaseous Exchange</li> <li>- Short- Term effects of Exercise</li> </ul> <p>Make notes. Use KO on same topic and make revision notes</p>		<p><a href="#">%2FShared%20Documents%2FStudent%20Files%2FGCSE%20PE%2FApplied%20Anatomy%20and%20Physiology</a></p> <p>GCSE Pod- <a href="https://www.qcsepod.com/">https://www.qcsepod.com/</a></p> <p>Knowledge organisers- <a href="https://eqabuckland.sharepoint.com/peandsport/Shared%20Documents/Forms/AllItems.aspx?viewid=ad8c2f35%2De7f0%2D4f62%2Db162%2Df22ed1a32283&amp;id=%2Fpeandsport%2FShared%20Documents%2FStudent%20Files%2FGCSE%20PE%2FKnowledge%20organisers%2FComponent%201">https://eqabuckland.sharepoint.com/peandsport/Shared%20Documents/Forms/AllItems.aspx?viewid=ad8c2f35%2De7f0%2D4f62%2Db162%2Df22ed1a32283&amp;id=%2Fpeandsport%2FShared%20Documents%2FStudent%20Files%2FGCSE%20PE%2FKnowledge%20organisers%2FComponent%201</a></p>
14/12	<p>Short term effects of exercise on the vascular system</p> <p>Short term effects of exercise on the muscular system</p>	<p>Define key terms Fully explain the process of vascular shunting and the terms vasoconstriction and vasodilation</p> <p>Define the term lactate accumulation and its relationship with muscle fatigue What happens during the recovery phase and how oxygen debt is repaid</p>	<p>PPE 2 revision- Component 1 Complete the following GCSE pods from the Fitness and body systems playlist: Physical Training:</p> <ul style="list-style-type: none"> <li>- The relationship between Health, Fitness, Exercise and performance</li> <li>- Fitness Testing and protocols</li> <li>- Components of Fitness: Part 1</li> <li>- Components of Fitness: Part 2</li> </ul> <p>Make notes. Use KO on same topic and make revision notes</p>	<p>Subject topic- End of unit exam</p> <p>Independent/ Home learning- PPE2</p>	<p>Lesson powerpoint- <a href="https://eqabuckland.sharepoint.com/peandsport/Shared%20Documents/Forms/AllItems.aspx?viewid=ad8c2f35%2De7f0%2D4f62%2Db162%2Df22ed1a32283&amp;id=%2Fpeandsport%2FShared%20Documents%2FStudent%20Files%2FGCSE%20PE%2FApplied%20Anatomy%20and%20Physiology">https://eqabuckland.sharepoint.com/peandsport/Shared%20Documents/Forms/AllItems.aspx?viewid=ad8c2f35%2De7f0%2D4f62%2Db162%2Df22ed1a32283&amp;id=%2Fpeandsport%2FShared%20Documents%2FStudent%20Files%2FGCSE%20PE%2FApplied%20Anatomy%20and%20Physiology</a></p> <p>GCSE Pod- <a href="https://www.qcsepod.com/">https://www.qcsepod.com/</a></p> <p>Knowledge organisers- <a href="https://eqabuckland.sharepoint.com/peandsport/Shared%20Documents/Forms/AllItems.aspx?viewid=ad8c2f35%2De7f0%2D4f62%2Db162%2Df22ed1a32283&amp;id=%2Fpeandsport%2FShared%20Documents%2FStudent%20Files%2FGCSE%20PE%2FKnowledge%20organisers%2FComponent%201">https://eqabuckland.sharepoint.com/peandsport/Shared%20Documents/Forms/AllItems.aspx?viewid=ad8c2f35%2De7f0%2D4f62%2Db162%2Df22ed1a32283&amp;id=%2Fpeandsport%2FShared%20Documents%2FStudent%20Files%2FGCSE%20PE%2FKnowledge%20organisers%2FComponent%201</a></p>