Year 11 GCSE PE – 2nd of 2 years, long term planning

Term 1	Week 1 03/09	Week 2 10/09	Week 3 17/09	Week 4 24/09	Week 5 01/10	Week 6 08/10	Week 7 15/10	Week 8 29/10	Week 9 05/11	Week 10 12/11	Week 11 19/11	Week 12 26/11	Week 13 03/12
Topic	1.3.c. Preventing injury in physical activity and training	1.3.c. Preventing injury in physical activity and training	1.1.d. The CV and respiratory systems	1.1.d. The CV and respiratory systems	1.1.d. The CV and respiratory systems	1.1.e. Effects of exercise on body systems	AEP		Revision for Mock Exam				1.1.e. Effects of exercise on body systems
Key objectives	2 theory lessons and 1 practical (TBA) 2 lesson on preventing Injury	2 theory lessons and 1 practical (TBA) 2 theory lessons on potential hazards in a range of facilities	2 theory lessons and 1 practical (TBA) 2 lessons on the structure and function of the CV system	2 theory lessons and 1 practical (TBA) 2 lessons on the structure and function of the Respiratory System	2 theory lessons and 1 practical 2 lessons on Anaerobic and aerobic exercise PRACTICAL 1 lesson on both anaerobic and aerobic	2 theory lessons and 1 practical 2 lessons on Short term effects of exercise PRACTICAL 1 lesson on short term effects of exercise	AEP Sessions 4 lessons and 2 practical lessons		2 theory lessons and 1 practical 2 lessons on revision and techniques for mock exams	All practical lessons due to limited numbers due to exams OR AEP	All practical lessons due to limited numbers due to exams OR AEP	2 theory lessons -Mock exam feedback and RAG sessions. 1 practical TBA	2 theory lessons and 1 practical 2 lessons on long term effects of exercise PRACTICAL 1 lesson on long term effects of exercise
Assessment			STAR Mark - 6 mark question on Preventing Injury				STAR Mark - 4 mark question on Effects of exercise			Y11 Mock Exams	Y11 Mock Exams	Y11 Moderation	Y11 Data Deadline
Homework													

Term 2	Week 14 10/12	Week 15 17/12	Week 16 07/01/19	Week 17 14/01/19	Week 18 21/01/19	Week 19 28/01/19	Week 20 04/02/19	Week 21 11/02/19	Week 22 25/02/19	Week 23 04/03/19	Week 24 11/03/19	Week 25 18/03/19	Week 26 25/03/19
Topic	1.1.e. Effects of exercise on body systems	1.1.c. Movement analysis	1.1.c. Movement analysis	1.1.c. Movement analysis	AEP			Revision for Mock Exam				1.1.a. The structure and function of the skeletal system 1.1.b. The structure and function of the muscular system	1.1.c. Movement analysis and 1.1.d. The cardiovascular and respiratory systems
Key objectives	2 theory lessons and 1 practical (TBA) 2 lessons on using data collected from the practical lesson on ST and LT effects of exercise	2 theory lessons and 1 practical (TBA) 2 lessons on Levers	2 theory lessons and 1 practical (TBA) 2 lessons on planes of movement and axes of rotation	2 theory lessons and 1 practical (TBA) 2 lessons applying levers, planes of movement and axes of rotation to practical situations	AEP Sessions – 6 lessons – 3 practical lessons			2 theory lessons and 1 practical 2 lessons on revision and techniques for mock exams	All practical lessons due to limited numbers due to exams OR AEP	All practical lessons due to limited numbers due to exams OR AEP	2 theory lessons -Mock exam feedback and RAG sessions. 1 practical TBA	2 theory revision sessions on above topics, practical lesson – moderation practices	2 theory revision sessions on above topics, practical lesson – moderation practices
Assessment	Parents evening 13.12.18		STAR Mark - 6 mark question on Movement Analysis				STAR Mark - 6 mark question on Skeletal System		Y11 Mock Exams	Y11 Mock Exams	Y11 Moderation	Y11 Data Deadline	
Homework													

Term 3	Week 27 01/04/19	Week 28 08/04/19	Week 29 29/04/19	Week 30 06/05/19	Week 31 13/05/19	Week 32 20/05/19	Week 33 03/06/19	Week 34 10/06/19	Week 35 17/06/19				
Topic	1.1.e. Effects of exercise on	1.2.b. Applying the principles of training	2.2.a. Engagement patterns of	2.3 Health, fitness and well-being	RECAP OF COURSE								

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	body systems and 1.2.a. Components of fitness	1.3.c. Preventing injury in physical activity and training	different social groups in physical activities and sports and 2.1.b. Commercialisation of physical activity and sport and 2.1.c. Ethical and socio-cultural issues in physical activity and sport										
Key objectives	2 theory revision sessions on above topics, practical lesson – moderation practices	2 theory revision sessions on above topics, practical lesson – moderation practices	3 theory revision sessions on above topics	2 theory revision sessions on above topics. 1 lesson on exam preparation	Ensure students are fully prepared for final examination in this week								
Assessment	Written reports 05.04.19	STAR Mark - 6 mark question on Principles of training	Potential practical moderation		2 exams w\c 13th May if same as last year								
Homework													