

## PE Unit Overview Year 11 GCSE

During the school closure, students have continued to work through the GCSE course looking at new content including the psychological aspects of the course. Within the first 3 weeks of the return to school, these topics will be re-capped and revisited in order to ensure knowledge and understanding has been embedded. Within lessons, smaller quiz style questions will be used along with exam style questions to help support learning. All students will sit a component 2 exam prior to the mock exams to assess current student progress. The course will then continue to run as normal, with the practical element to be adjusted according to National Guidelines set by the government and sporting National Governing Bodies. The coursework element, which consists of designing a six-week training schedule to help improve a student's identified area of weakness, will be delivered and completed after Christmas. Key exam techniques will be covered including the use and understanding of key words and specific subject terminology.

<b>GCSE PE – Year 11 Term 1.1</b>				
<b>What are we learning?</b>	<b>What knowledge, understanding and skills will we gain?</b>	<b>What does mastery look like?</b>	<b>How does this build on prior learning?</b>	<b>What additional resources are available?</b>
Topics Cardiovascular system	Knowledge: Functions of the cardiovascular system Structure of the cardiovascular system & the heart Components of blood Blood vessels Short term effects of exercise on the cardiovascular system Long term effects of exercise on the cardiovascular system Understanding: How the heart, blood and blood vessels transport oxygen & nutrients, remove waste products, aid injury recovery and control body temperature The role of red & white blood cells, platelets and plasma in the blood The structure of veins, arteries and capillaries and their roles How the cardiovascular system responds to exercise to enable us to sustain activity How long-term exercise effects the cardiovascular system	Demonstrating exceptional independence on all topics, supplemented by independent research. Analysing how the structure of the cardiovascular system enables it to do its job effectively. Applying understanding of the cardiovascular system to explain how it responds to physical activity, enabling us to undertake exercise. Discussing how the cardiovascular system enables sports performers to compete in their chosen sport/activity successfully. Investigating how exercising regularly over a prolonged period develops the	Students understand the term cardiovascular fitness from their work in year 10, which is closely linked to this topic. There are cross-curricular links with Biology. At the end of Year 10, students began studying the anatomy & physiology of the body, learning about the skeletal & muscular systems. Students have experienced fitness training sessions throughout KS3 and in year 10 and will have experienced the immediate response of the cardiovascular system to	Revise Edexcel GCSE (9-1) Physical Education revision guide Revise Edexcel GCSE (9-1) Physical Education revision cards Grade 9-1 GCSE Physical Education Edexcel revision question cards Pocket Posters GCSE PE revision app (available on app store) Seneca BBC Bitesize

	<p>Skills: Identifying the 4 functions of the cardiovascular system Linking these functions with the components of the blood that fulfil them Examining the immediate response of the cardiovascular system to exercise Evaluating the long-term effects of exercise on the cardiovascular system</p>	<p>cardiovascular system, and how these adaptations benefit performance.</p>	<p>exercise. This will help them put the knowledge in to context.</p>	
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**GCSE PE – Year 11 Term 1.2**

<b>What are we learning?</b>	<b>What knowledge, understanding and skills will we gain?</b>	<b>What does mastery look like?</b>	<b>How does this build on prior learning?</b>	<b>What additional resources are available?</b>
<p>Topics Respiratory system</p>	<p><b>Knowledge</b>            Functions &amp; structure of the respiratory system            Aerobic &amp; anaerobic respiration and exercise            Gas exchange in the lungs            Short term effects of exercise on the respiratory system            Long term effects of exercise on the respiratory system            Cardiovascular &amp; respiratory systems working together  <b>Understanding</b>            How the respiratory system gets oxygen into the body and removes waste products, including carbon dioxide            The processes of aerobic and anaerobic respiration, and when they would occur            How gas exchange occurs in the lungs            How the respiratory system responds to exercise to enable us to sustain activity            How the cardiovascular and respiratory systems work together to ensure the body can sustain physical activity            How long-term exercise effects the respiratory system  <b>Skills</b>            Identifying the 4 functions of the respiratory system            Identifying key components of the respiratory system, and their functions            Defining aerobic and anaerobic respiration, with equations            Evaluating the long-term effects of exercise on the respiratory system</p>	<p>Demonstrating exceptional independence on all topics, supplemented by independent research.            Analysing how the structure of the cardiovascular system enables it to do its job effectively.            Applying understanding of the cardiovascular system to explain how it responds to physical activity, enabling us to undertake exercise.            Discussing how the cardiovascular system enables sports performers to compete in their chosen sport/activity successfully.            Investigating how exercising regularly over a prolonged period develops the cardiovascular system, and how these adaptations benefit performance.</p>	<p>Students understand the term cardiovascular fitness from their work in Year 10, which is closely linked to this topic.            There are cross-curricular links with Biology            At the end of Year 10, students began studying the anatomy &amp; physiology of the body, learning about the skeletal &amp; muscular systems.            Students have experienced fitness training sessions throughout KS3 and in year 10 and will have experienced the immediate response of the cardiovascular system to exercise. This will help them put the knowledge in to context.</p>	<p>Revise Edexcel GCSE (9-1) Physical Education revision guide            Revise Edexcel GCSE (9-1) Physical Education revision cards            Grade 9-1 GCSE Physical Education Edexcel revision question cards            Pocket Posters            GCSE PE revision app (available on app store)            Seneca            BBC Bitesize</p>

**GCSE PE – Year 11 Term 2.1**

What are we learning?	What knowledge, understanding and skills will we gain?	What does mastery look like?	How does this build on prior learning?	What additional resources are available?
<p>Topics Completing controlled assessment (Personal Exercise Programme)</p>	<p>Knowledge: Students will revisit knowledge gained in year 10 to complete their controlled assessment, including: 5 health-related and 6-skill related components of fitness, and the tests to measure them Principles of training and why they are important to make training effective SMART goals Heart rate values including resting heart rate, working heart rate and heart rate recovery Skeletal system &amp; exercise Muscular system &amp; exercise Students will draw on knowledge gained during year 11 to develop their work for submission, including: Cardiovascular system &amp; exercise Respiratory system &amp; exercise Understanding: How to interpret heart rate data from training sessions How to present this data in graphs What changes, if any, have occurred in their fitness and how their training could have led to this Skills: Creating accurate graphs from recorded data Using evidence, including heart rate data and fitness test results, to support statements about changes in fitness Making recommendations for future training based on evidence</p>	<p>Demonstrating exceptional independence on all topics, supplemented by independent research. A completed 6-week training programme, with a range of qualitative and quantitative data that can be used for analysis. A well-evidenced evaluation of the success of the 6-week training programme. Students will draw on knowledge from a variety of topics, including the skeletal, muscular, cardiovascular and respiratory systems.</p>	<p>Students have covered all the theory content necessary to write a thorough evaluation of their training programme. Students will have already planned and executed their 6-week training plan in year 10, and so they have the information and data necessary to evaluate its success.</p>	<p>Revise Edexcel GCSE (9-1) Physical Education revision guide Revise Edexcel GCSE (9-1) Physical Education revision cards Grade 9-1 GCSE Physical Education Edexcel revision question cards Pocket Posters GCSE PE revision app (available on app store) Seneca BBC Bitesize</p>

**GCSE PE – Year 11 Term 2.2**

What are we learning?	What knowledge, understanding and skills will we gain?	What does mastery look like?	How does this build on prior learning?	What additional resources are available?
<p>Topics Students will be reviewing and consolidating curriculum content previously covered, in preparation for their exams</p>	<p>Knowledge: The topics they have mastered The topics that need further work How to answer exam questions effectively Understanding: How to ensure they retain knowledge previously learned The specific topics they need to work on, with teacher support, to achieve success Skills: Creating efficient revision schedules Self-directing their revision as independent learners Creating a variety of resources to aid revision</p>	<p>Demonstrating exceptional independence on all topics, supplemented by independent research. Regularly evaluating gaps in knowledge and identifying strategies to fill them. A breadth of revision resources that are regularly used to ensure learning is retained. An ability to recognise what a question is asking, and how to develop an answer in detail.</p>	<p>Students will be using all their prior knowledge to prepare for their exams. They will review their performance in the mock exams to identify secure areas of knowledge, and areas for development.</p>	<p>Revise Edexcel GCSE (9-1) Physical Education revision guide Revise Edexcel GCSE (9-1) Physical Education revision cards Grade 9-1 GCSE Physical Education Edexcel revision question cards Pocket Posters GCSE PE revision app (available on app store) Seneca BBC Bitesize</p>