PE Unit Overview Year 11 GCSE

It is our intent in PE to create an inclusive curriculum that provides students with opportunities to succeed in sport and physical activity, providing knowledge and understanding of how to lead a healthy active lifestyle throughout adulthood and to provide a love of learning that inspires a lifelong involvement in sport and physical activity.

Pupils are given the opportunity to excel within a broad curriculum with a focus on improving their motor competence (in warm-ups; skills within lessons – passing etc), knowledge of rules, tactics and strategies while engaging in healthy participation.

The sequencing of our curriculum across KS3 provides opportunities for students to build their confidence, communication, resilience, and leadership skills in the broad number of sports that are offered, and skills that are learnt are transferrable across the different sports. These skills are built upon from year 7 to year 9 where more tactical based skills are learnt alongside the more technical skills.

In year 9, students are also provided with theory knowledge, which not only gives them an understanding of the topics in GCSE PE but also provides them with them with knowledge that they can use in later life with regards to their health and physical resilience.

The knowledge and skills that are learnt both theoretically and physically are continued into GCSE PE and BTEC Sport where the depth and breadth of knowledge is increased throughout KS4 and KS5.

GCSE PE – Year 11 Term 1.1				
What are we learning?	**Our Intention - What knowledge, understanding and skills will we gain?**	**Evaluation and Assessment Methods**	**Implementation**	**What additional resources are available?**
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	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.	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	Revise Edexcel GCSE (9-1) Physical Education revision guide Revise Edexcel GCSE (9-1) Physical Education revision cards

	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	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	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	Grade 9-1 GCSE Physical Education Edexcel revision question cards Pocket Posters GCSE PE revision app (available on app store) Seneca BBC Bitesize
	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	cardiovascular system, and how these adaptations benefit performance.	exercise. This will help them put the knowledge in to context.	

GCSE PE – Year 11 Term 1.2				
What are we learning?	**Our Intention - What knowledge, understanding and skills will we gain?**	**Evaluation and Assessment Methods**	**Implementation**	**What additional resources are available?**
Topics Respiratory system	Knowledge Functions & structure of the respiratory system Aerobic & 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 & respiratory systems working together Understanding 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 Skills 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	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.	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 exercise. This will help them put the knowledge in to context.	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

GCSE PE – Year 11 Term 2.1				
What are we learning?	**Our Intention - What knowledge, understanding and skills will we gain?**	**Evaluation and Assessment Methods**	**Implementation**	**What additional resources are available?**
Topics Completing controlled assessment (Personal Exercise Programme)	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 & exercise Muscular system & exercise Students will draw on knowledge gained during year 11 to develop their work for submission, including: Cardiovascular system & exercise Respiratory system & 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	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.	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.	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

GCSE PE – Year 11 Term 2.2				
What are we learning?	**Our Intention - What knowledge, understanding and skills will we gain?**	**Evaluation and Assessment Methods**	**Implementation**	**What additional resources are available?**
Topics Students will be reviewing and consolidating curriculum content previously covered, in preparation for their exams	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	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.	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.	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