



## Departmental Planning

Subject Area: GCSE PE Yr 11 (2023-24)

4/9/23	Recap – Topic 7
	Coursework Lesson 1 - Introduction
11/9/23	Topic 7 – Lesson 8
	Coursework Lesson 2 – Strength component
18/9/23	Topic 7 – Lesson 9
	Coursework Lesson 2 – Strength Skill
	Coursework Lesson 3 – Strength Recap
25/9/23	Topic 7 – Lesson 10
	Coursework Lesson 4 – Weakness component
2/10/23	Topic 7 – Lesson 11
	Coursework Lesson 5 – Weakness skill
	Coursework Lesson 6 – Weakness Recap
9 /10/23	Topic 7 – Lesson 12
	Coursework Lesson 7 – Evaluation Introduction / improving weakness 1
16/10/23	Topic 7 – Lesson 13
	Coursework Lesson 8 – Evaluation Improving weakness 1
	Coursework Lesson 9 – Evaluation Improving weakness 1
October ½ Term	
30/10/23 (1/11/23)	Topic 7 – Lesson 14
	Coursework Lesson 10 – Evaluation Improving weakness 2
6/11/23	Topic 7 – Lesson 15
	Coursework Lesson 11 – Evaluation Improving weakness 2
	Coursework Lesson 12 – Evaluation Improving weakness 2
13/11/23	Topic 7 – EoU Test
	Coursework Lesson 13 – Conclusion
20/11/23	Topic 8 – <b>Socio-cultural</b> - Lesson 1
	Coursework Lesson 14 – Conclusion
	Coursework Lesson 15 – Conclusion
27/11/23	Topic 8 – Lesson 2
	Coursework
4/12/23	Topic 8 – Lesson 3
	Topic 8 – Lesson 4
	Coursework
11/12/23	Topic 8 – Lesson 5
	Coursework



18/12/23	Topic 8 – Lesson 6	
	Topic 8 – Lesson 7	
	Coursework	
		Christmas

8/1/24	Topic 8 – Lesson 8		
	Topic 8 – Lesson 9		
15/1/24	Lesson 6 – Commercialisation		
	Lesson 7 -		
	Lesson 8 -Conduct		
22/1/24	Lesson 9 - PEDs		
	Lesson 10 - PEDs		
29/1/24	Lesson 11 – Spectator Behaviour		
	Lesson 12 - Hooliganism		
	Lesson 13 – Strategies to combat Hooliganism		
5/2/24	Lesson 14 – Recap Topic		
	Lesson 15 – EoU Test		
February ½ Term			
		Class work - synergy	Intervention sessions
19/2/24	Mocks – Coursework corrections / independent revision		Coursework corrections / improvements
	Mocks – Coursework corrections / independent revision		
	Mocks – Coursework corrections / independent revision	PE Practical – 10:10am 23/2/24	
26/2/24	Mocks – Coursework corrections / independent revision	PE mock 29/2/24, pm Paper 1 + Topic 7	Coursework corrections / improvements
	Mocks – Coursework corrections / independent revision		
4/3/24	Topic 9 – Health, Fitness, and Well-being Lesson 1	<p>The reasons for participation in physical activity, exercise and sport.</p> <p>How to define physical, mental and social health and how exercise affects these.</p> <p>How different forms of exercise suit different people</p>	<p>Topic 7 – Sports psychology</p> <p><a href="#">Skill questions</a></p> <p><a href="#">Goal setting questions</a></p> <p><a href="#">Goal setting video</a></p> <p><a href="#">Guidance</a></p> <p><a href="#">Feedback</a></p> <p><a href="#">Arousal and control</a></p>



	Topic 9 – Lesson 2	Pupils need to describe how different groups of people might access different forms of exercise, sport and physical activity.  Learn how to work out BMI and what various BMI scores mean	
	Topic 9 – Lesson 3	Definition and consequences of sedentary lifestyle	
11/3/24	Topic 9 – Lesson 4	Definitions of 3 somatotypes and the sports which they are most suited for. Justify why some sports would be most suited for certain sports and others may require more than 1 type of somatotypes	Topic 8 <a href="#">Commercialisation of sport</a> <a href="#">Players conduct</a> <a href="#">Drugs in sport</a> <a href="#">Spectators behaviour 6 mark pt 1</a> <a href="#">Spectators behaviour 6 mark pt2</a>
	Topic 9 – Lesson 5	How energy is balanced and the number of calories required can differ depending on age, height, gender and exercise. Begin to understand what a balanced diet may look like.	
18/3/24	Topic 9 – Lesson 6	introduced to nutrients and their roles 148-152 148-152. What is hydration and why is it important? Teach pupils definition of dehydration and consequences of dehydration.	Topic 9 <a href="#">Diet questions</a>
	Topic 9 – Lesson 7	How data is collected both quantitative and qualitative and how it can be presented, analysed and evaluated	
	Topic 9 – Lesson 8	Recap Topic 9, Exam questions	
25/3/24	Topic 9 – EoU Test		Key Definitions
	Recap - Revision	Go though EOU Test Work on exam technique	
<b>Easter</b>			
15/4/24	Revision – Lesson 1 Paper 1	Topic 1 – • <b>The Structure and Functions of the Musculoskeletal System</b> Pg: 9-13	Paper 1 – Exam question technique <a href="https://www.youtube.com/watch?v=lbz6l6djOA">https://www.youtube.com/watch?v=lbz6l6djOA</a>
	Lesson 2 Paper 1	Topic 2 • <b>The Structure and functions of the cardio-respiratory system</b> Pg 14 - 17	
	Lesson 3 Paper 1	Topic 3 and 4 • <b>Aerobic and Anaerobic Exercise,</b> • <b>Short and Long Term Effects of Exercise</b> Pg 18 -22	
22/4/24	Lesson 4 Paper 1	Topic 5 • <b>Lever Systems, examples of their use in activity and the mechanical advantage they provide in movement</b> • <b>Planes and Axes of Movement</b> Pg 23 - 28	Webinar – paper 1



	Lesson 5 Paper 1	<p><b>Topic 6</b></p> <ul style="list-style-type: none"> <li>• The relationship between health and fitness and the role that exercise plays in both and Components of Fitness</li> <li>• The principles of training and their application to personal exercise/training programmes</li> <li>• Physical Training: How to optimise training and prevent injury</li> <li>• Physical Training: Effective use of warm up and cool down</li> </ul> <p>Pg 29 - 43</p>	
29/4/24	Lesson 6 Paper 2	<p><b>Topic 7</b></p> <ul style="list-style-type: none"> <li>• Sports Psychology: Classification of Skills</li> <li>• The use of goal setting and SMART targets to improve and/or optimise performance</li> <li>• Basic Information Processing</li> <li>• Guidance and feedback on performance</li> <li>• Sports Psychology: Mental Preparation for Performance</li> <li>• Pg 44 - 51</li> </ul>	Webinar - Paper 2
	Lesson 7 Paper 2	<p><b>Topic 8</b></p> <ul style="list-style-type: none"> <li>• Engagement patterns of different social groups in physical activity and sport</li> <li>• Socio-cultural influences: Commercialisation of physical activity and sport</li> <li>• Ethical and socio-cultural issues in physical activity and sport</li> </ul> <p>Pg 52 - 73</p>	
	Lesson 8 Paper 2	<p><b>Topic 9</b></p> <ul style="list-style-type: none"> <li>• Health, Fitness and Well-being: Physical, emotional and social health, fitness and well-being</li> </ul> <p>Pg 74 - 81</p>	
6/5/24 *May Day	Lesson 9 Paper 1	Paper 1 prep	Paper 1 - recap <a href="https://www.youtube.com/watch?v=t56-n0BC4h0">https://www.youtube.com/watch?v=t56-n0BC4h0</a>
	Lesson 10 Paper 1	Paper 1 prep	
13/5/24	Exams		Webinar – Acing paper 1 and 2
	Exams		
	Exams		
20/5/24	PE EXAM -paper 1 22/5/24		
	EXAMS		
May ½ Term			
PE EXAMS Paper 2 3/06/24			



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