

## GCSE PE Yr11 12-Week Plan 2025

Week Commencing	Curriculum Time	Homework/Revision topic	Supporting resources	Further Support
6 <sup>th</sup> January 2025	<b>Lesson 1</b>	<i>Skeletal System</i>	<a href="#">structure and function</a>	Climbing support – Monday Tuesday theory - PM
	Coursework	<i>Muscular System</i>	<a href="#">Bones questions</a>	
	<b>Lesson 2</b> Topic 8 – Lesson 2		<a href="#">The skeleton questions</a>	Climbing support – Monday Tuesday theory - PM
	<b>Lesson 3</b> Topic 8 – Lesson 3	<i>Types of Joints</i>	Page 9-11 revision guide	
			<a href="#">Muscles questions</a>  Page 11 -13 revision guide  <a href="#">synovial joints</a>  <a href="#">Joint movements</a>  <a href="#">Joints questions</a>  Page 9-11 revision guide	
13 <sup>th</sup> January 2025	<b>Lesson 1</b> Coursework	Lever Systems, examples of their use in activity and the mechanical advantage they provide in movement	<a href="#">Levers and Mechanical advantage</a> <a href="#">Planes axis lever questions</a>	Climbing support – Monday Tuesday theory - PM
	<b>Lesson 2</b> Topic 8 – Lesson 4		<a href="#">planes axis levers video</a>  <a href="#">Levers and Mechanical advantage</a>  <a href="#">Movement Analysis questions</a>  <a href="#">planes axis levers video</a>  <a href="#">Axes of rotation</a>	

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			<a href="#">Planes axis lever questions</a>  <a href="#">planes axis levers video</a>  <b>Page 23 - 28</b>	
20 <sup>th</sup> January 2025	<b>Lesson 1</b> Topic 8 - Lesson 5 <b>Lesson 2</b> Lesson 6 – Commercialisation <b>Lesson 3</b> Lesson 7 -Conduct	<i>Pathway of Air</i>	<a href="#">Pathway of air</a>  <a href="#">Respiratory system questions</a>  <a href="#">Cardio Respiratory system</a>  <a href="#">Cardio respiratory questions</a>  Page 14-15 revision guide	Climbing support – Monday Tuesday theory - PM
27 <sup>th</sup> January 2025	<b>Lesson 1</b> Lesson 8 - PEDs  <b>Lesson 2</b> Lesson 9 - PEDs	<i>The Heart &amp; the pathway of blood</i>	<a href="#">Cardiac Cycle</a>  <a href="#">The heart questions</a>  <a href="#">Cardio Respiratory system</a>  <a href="#">Cardio respiratory questions</a>  Page 14-17 revision guide	Climbing support – Monday Tuesday theory - PM
3 <sup>rd</sup> February 2025		Mock Exams		
10 <sup>th</sup> February 2025		Half Term		
17 <sup>th</sup> February 2025		Half Term		
24 <sup>th</sup> February 2025	<b>Lesson 1</b> Lesson 10 – Spectator Behaviour <b>Lesson 2</b> Lesson 11 - Hooliganism	<i>Cardiac Output and Stroke Volume</i>	<a href="#">Cardio respiratory questions</a>  Page 16-17 revision guide	Climbing support – Monday Tuesday theory - PM
3 <sup>rd</sup> March 2025	<b>Lesson 1</b>	<i>Interpretation of a spirometer trace:</i>	<a href="#">Lung volumes</a>  Page 14-17 revision guide	Climbing support – Monday

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	<p>Lesson 12 – Strategies to combat</p> <p><b>Lesson 2</b></p> <p>Lesson 13 – Recap Topic</p> <p><b>Lesson 3</b></p> <p>Lesson 15 – EoU Test</p>			Tuesday theory - PM
10 <sup>th</sup> March 2025	<p><b>Lesson 1</b></p> <p><b><u>Topic 9 – Health, Fitness, and Well-being</u></b> Lesson 1</p> <p>Reasons, definitions, types of exercise</p> <p><b>Lesson 2</b></p> <p>Topic 9 – Lesson 2 BMI,</p>	<p><i><b>Aerobic and Anaerobic Endurance</b></i></p>	Page 18-19 revision guide	Climbing support – Monday Tuesday theory - PM
17 <sup>th</sup> March 2025	<p><b>Lesson 1</b></p> <p>Topic 9 – Lesson 3 Sedentary lifestyles</p> <p><b>Lesson 2</b></p> <p>Topic 9 – Lesson 4 Somatotypes</p> <p><b>Lesson 3</b></p>	<p><i><b>Excess postexercise oxygen consumption (Oxygen Debt)</b></i></p> <p><i><b>Recovery Process</b></i></p>	Page 18-19 revision guide	Climbing support – Monday Tuesday theory - PM

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	Topic 9 – Lesson 5 Energy balance			
24 <sup>th</sup> March 2025	<b>Lesson 1</b> Topic 9 – Lesson 6 Nutrition <b>Lesson 2</b> Topic 9 – Lesson 7 Data	<b><i>Effects of Exercise</i></b>	Page 18-19 revision guide  <a href="#">Effects of exercise</a>  <a href="#">Effects of exercise video</a>	Monday Tuesday theory - PM
31 <sup>st</sup> March 2025	<b>Lesson 1</b> Topic 9 – Lesson 8 Recap topic 9 <b>Lesson 2</b> Topic 9 – EOU Test <b>Lesson 3</b> DIRT Exam	<b><i>First, second and third class lever systems</i></b>	Page 23 – 28 revision guide  <a href="#">Planes axis lever questions</a>  <a href="#">planes axis levers video</a>	Monday Tuesday theory - PM
7 <sup>th</sup> April 2025		Easter Holidays		
14 <sup>th</sup> April 2025				
21 <sup>st</sup> April 2025	<b>Lesson 1</b> Revision paper 1 <b>Lesson 2</b> Revision paper 1	The relationship between health and fitness and the role that exercise plays in both and  Components of Fitness The principles of training and their application to personal exercise/training programmes	<a href="#">Components of fitness questions</a>  Page 28 – 38 revision guide  <a href="#">Fitness testing questions</a>  <a href="#">Training questions</a>  <a href="#">The exercise session questions</a>	Tuesday theory - PM
28 <sup>th</sup> April 2025	<b>Lesson 1</b> Revision paper 1	<b><i>Types of Skills</i></b>  <b><i>Goals</i></b>	<a href="#">Skill questions</a>	Tuesday theory - PM

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	<b>Lesson 2</b> Revision paper 2 <b>Lesson 3</b> Revision paper 2	<b><i>Basic Information processing model Sports Psychology</i></b>	<a href="#">Goal setting questions</a>  <a href="#">Goal setting video</a>  <a href="#">Arousal and control</a>  Page 44-51	
8 <sup>th</sup> May 2025	External exams begin			
Examination Dates	Paper 1 – 19 <sup>th</sup> May 2025 Paper 2 – 9 <sup>th</sup> June 2025			