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| **Year 11 GCSE Revision - Physical Education** | | | |
| **Week beginning** | **Topics for revision** | **Re-visit work** | **Suggested activities** |
| 30th Jan  *Week 1*  *2 Lessons* | **1.1.2**  **Influences on your healthy, active lifestyle;**  **people:** family, peers, role models  **image:** fashion, media coverage  **cultural:** age, disability, gender, race  **resources:** access, availability, location, time  **health and wellbeing:** illness, health problems  **socio-economic:** cost, perceived status of the activity  CHIPS-R | Briefly recap benefits & reasons for participation.  **Questions to think about from the topics this week?**  Can you identify key influences that have an impact on them, and others, achieving sustained involvement in physical activity? | **The GCSE Specification**  <https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf>  <http://www.bbc.co.uk/schools/gcsebitesize/>  <http://www.s-cool.co.uk/gcse/pe>  <http://revisionworld.co.uk/gcse-revision/pe-physical-education>  Use of podcasts on reference drive  Edexcel GCSE Physical Education Student Book  Pearson Revision Guide and Revision Workbook  Use revision tools on school website and PE reference drive  **Friday 3-4pm Revision Session** |
| 6th Feb  *Week 2*  *3 Lessons* | **1.1.2**  **Explain opportunities**  **Different roles**  **Participation Pyramid**  **Different organisation**  Sport England  Youth Sports Trust  NGB | Briefly recap Influences on participation.  **Questions to think about from the topics this week?**  Explain the opportunities available to become, or remain, involved in physical activity in a range of roles?  Explain the sports participation pyramid with regard to the foundation, participation, performance and elite stages  Describe the common purposes of initiatives developed to provide opportunities for becoming, or remaining, involved in physical activity?  Identify agencies involved in the provisions of opportunities for becoming, or remaining, involved in physical activity? | **The GCSE Specification**  <https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf>  <http://www.bbc.co.uk/schools/gcsebitesize/>  <http://www.s-cool.co.uk/gcse/pe>  <http://revisionworld.co.uk/gcse-revision/pe-physical-education>  Use of podcasts on reference drive  Edexcel GCSE Physical Education Student Book  Pearson Revision Guide and Revision Workbook  Use revision tools on school website and PE reference drive  **Friday 3-4pm Revision Session** |
| 13th Feb    *Week 1*  *2 Lessons* | **1.1.3**   |  | | --- | | **Explain the terms:**  Health  Fitness  Exercise |   **Components of health-related exercise:** Cardiovascular fitness  Muscular strength  Muscular endurance  Flexibility  Body composition  FaceBook Makes Me Cry  **Components of skill-related fitness:**  Agility  Balance  Coordination  Power  Reaction time  Speed  CRABS-P  Relate the importance of each component to a sporting example | Briefly revisit  Opportunities  Roles  Participation Pyramid  Different organisations  **Questions to think about from the topics this week?**  Explain the terms, Health, Fitness and Exercise?  Describe and explain the 5 components of health related exercise?  Use acronym  FaceBook Makes Me Cry  Describe and explain the 5 components of skill related fitness?  Use acronym  CRABS-P  Can you relate each component of both HRE and SRF to a physical activity, identifying the relative importance of each one to different physical? | **The GCSE Specification**  <https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf>  <http://www.bbc.co.uk/schools/gcsebitesize/>  <http://www.s-cool.co.uk/gcse/pe>  <http://revisionworld.co.uk/gcse-revision/pe-physical-education>  Use of podcasts on reference drive  Edexcel GCSE Physical Education Student Book  Pearson Revision Guide and Revision Workbook  Use revision tools on school website and PE reference drive  Friday 3-4pm Revision Session |
| 20th Feb  **HALF TERM** |  |  | **The GCSE Specification**  <https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf>  <http://www.bbc.co.uk/schools/gcsebitesize/>  <http://www.s-cool.co.uk/gcse/pe>  <http://revisionworld.co.uk/gcse-revision/pe-physical-education>  Use of podcasts on reference drive  Edexcel GCSE Physical Education Student Book  Pearson Revision Guide and Revision Workbook  Use revision tools on school website and PE reference drive  **Friday 3-4pm Revision Session** |
| 27th Feb  *Week 2*  *3 Lessons* | **1.1.4**  **PAR-Q**  **Fitness Tests** and their relationship to component being tested  Importance of goal setting  **SMART Targets** | Briefly recap components of Health and Fitness  FaceBook Makes Me Cry  CRABS-P  **Questions to think about from the topics this week?**  What is a PAR-Q?  Explain each fitness test and explain what component of fitness it is measuring?  Discuss the use of target setting (SMART targets) to improve performance? | **The GCSE Specification**  <https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf>  <http://www.bbc.co.uk/schools/gcsebitesize/>  <http://www.s-cool.co.uk/gcse/pe>  <http://revisionworld.co.uk/gcse-revision/pe-physical-education>  Use of podcasts on reference drive  Edexcel GCSE Physical Education Student Book  Pearson Revision Guide and Revision Workbook  Use revision tools on school website and PE reference drive  **Friday 3-4pm Revision Session** |
| 6th March  *Week 1*  *2 Lessons* | **1.1.4**  **Describe, explain and apply the principles of training:**  Progressive overload  Specificity  Individual differences  Rest and recovery  FITT Principle  Reversibility | Briefly recap  PAR-Q  Testing  Goal setting / SMART Targets  **Questions to think about from the topics this week?**  Discuss, using examples, how the principles of training can improve the fitness of a group of GCSE PE students?  How would you apply the FITT principle as part of a training programme?  Explain how principles of training are applied to a 6 week PEP? | **The GCSE Specification**  <https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf>  <http://www.bbc.co.uk/schools/gcsebitesize/>  <http://www.s-cool.co.uk/gcse/pe>  <http://revisionworld.co.uk/gcse-revision/pe-physical-education>  Use of podcasts on reference drive  Edexcel GCSE Physical Education Student Book  Pearson Revision Guide and Revision Workbook  Use revision tools on school website and PE reference drive  **Friday 3-4pm Revision Session** |
| 13th March  *Week 2*  *3 Lessons* | **1.1.4**  Describe the following **methods of training**:  Interval  Continuous  Fartlek  Circuit  Weight  Cross  Explain how they can improve health and fitness  With specific examples and references to sports  Explain how principles of training are used in different training methods.  Heart rate zones  Aerobic and Anaerobic activity | Briefly recap principles of training  **Questions to think about from the topics this week?**  Describe and explain different methods of training and discuss the advantages and disadvantages of using them?  Can you give examples of specific sports that would use certain methods of training?  Can you link methods of training to anaerobic and aerobic activity?  What is the purpose of a warm up and cool down, explaining the correct way to warm up?  Do you understand what is meant by resting heart rate, working heart rate and recovery rates, and be able to plot examples on a graph and evaluate? | **The GCSE Specification**  <https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf>  <http://www.bbc.co.uk/schools/gcsebitesize/>  <http://www.s-cool.co.uk/gcse/pe>  <http://revisionworld.co.uk/gcse-revision/pe-physical-education>  Use of podcasts on reference drive  Edexcel GCSE Physical Education Student Book  Pearson Revision Guide and Revision Workbook  Use revision tools on school website and PE reference drive  **Friday 3-4pm Revision Session** |
| 20th March  *Week 1*  *2 Lessons* | **1.1.5**  **Diet**  Explain the importance, and use, of macro nutrients (carbohydrates, fats and protein), micro nutrients (minerals and vitamins), water and fibre for personal health and wellbeing, and maintaining a healthy, active lifestyle  Explain the need to consider the timing of dietary intake when performing due to the redistribution of blood flow (blood shunting) during exercise. | Briefly recap Training Methods  **Questions to think about from the topics this week?**  Discuss why an elite sports performer will make sure they eat a balanced diet?  Explain the need to consider the timing of dietary intake when performing due to the redistribution of blood flow (blood shunting) during exercise? | **The GCSE Specification**  <https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf>  <http://www.bbc.co.uk/schools/gcsebitesize/>  <http://www.s-cool.co.uk/gcse/pe>  <http://revisionworld.co.uk/gcse-revision/pe-physical-education>  Use of podcasts on reference drive  Edexcel GCSE Physical Education Student Book  Pearson Revision Guide and Revision Workbook  Use revision tools on school website and PE reference drive  **Friday 3-4pm Revision Session** |
| 27th March  *Week 2*  *3 Lessons* | **1.2.1**  Explain the different **body types (somatypes)**: endomorph, mesmomorph and ectomorph and explain the effect each can have on participation and performance, including identifying activities where different body types are an advantage.  Optimum Weight  Weight related conditions  **Performance Enhancing Drugs** (anabolic steroids, beta blockers, diuretics, narcotic analgesics, stimulants, peptide hormones – including erythropoietin/EPO  recreational (alcohol, nicotine/smoking)  Health risks associated with these drugs | Briefly recap diet  **Questions to think about from the topics this week?**  Describe the different body types (somatypes): endomorph, mesmomorph and ectomorph and explain the effect each can have on participation and performance, including identifying activities where different body types are an advantage?  Outline why, and how, expected and optimum weight varies according to height, gender, bone structure and muscle girth, and explain how this may affect participation, and performance, in physical activity?  Explain the terms: anorexic, obese, overfat, overweight and underweight and explain how they may impact on achieving a sustained involvement in physical activity?  Describe the effects of smoking and alcohol on general health and on physical activity?  Describe each category of performance enhancing drugs using examples of the sportspeople that would use them?  What are the health risk for each individual performance enhancing drug? | **The GCSE Specification**  <https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf>  <http://www.bbc.co.uk/schools/gcsebitesize/>  <http://www.s-cool.co.uk/gcse/pe>  <http://revisionworld.co.uk/gcse-revision/pe-physical-education>  Use of podcasts on reference drive  Edexcel GCSE Physical Education Student Book  Pearson Revision Guide and Revision Workbook  Use revision tools on school website and PE reference drive  **Friday 3-4pm Revision Session** |
| 3rd April  *Week 1*  *2 Lessons* | **1.2.2**  **Cardiovascular System**  Immediate and short term effects of the cardiovascular system  Effects of regular participation  And effects of long term participation on the cardiovascular system  Importance of rest and adaptations for the cardiovascular system  Effects of diet/lifestyle on the cardiovascular system. | Briefly recap  somatotypes  drugs in sport  **Questions to think about from the topics this week?**  What are the immediate and short-term effects of participation in exercise and physical activity on the cardiovascular system?  What are the effects of regular participation in – and long-term effects of participation in – exercise and physical activity on the cardiovascular system?  Define:  Cardiac output  Stroke volume  Blood vessels  Cardiac hypertrophy  Blood pressure (Systolic/Diastolic)  Why is rest so important when working on increasing cardiovascular fitness?  What does the word adaptations mean?  What are the effects of lifestyle on the cardiovascular system? | **The GCSE Specification**  <https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf>  <http://www.bbc.co.uk/schools/gcsebitesize/>  <http://www.s-cool.co.uk/gcse/pe>  <http://revisionworld.co.uk/gcse-revision/pe-physical-education>  Use of podcasts on reference drive  Edexcel GCSE Physical Education Student Book  Pearson Revision Guide and Revision Workbook  Use revision tools on school website and PE reference drive  **Friday 3-4pm Revision Session** |
| 10th April  **EASTER** | Monday 10th April  Revision 10am -1pm |  | **The GCSE Specification**  <https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf>  <http://www.bbc.co.uk/schools/gcsebitesize/>  <http://www.s-cool.co.uk/gcse/pe>  <http://revisionworld.co.uk/gcse-revision/pe-physical-education>  Use of podcasts on reference drive  Edexcel GCSE Physical Education Student Book  Pearson Revision Guide and Revision Workbook  Use revision tools on school website and PE reference drive  **Friday 3-4pm Revision Session** |
| 17th April  **EASTER** | Thursday 20th April  Revision 10am – 1pm |  | **The GCSE Specification**  <https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf>  <http://www.bbc.co.uk/schools/gcsebitesize/>  <http://www.s-cool.co.uk/gcse/pe>  <http://revisionworld.co.uk/gcse-revision/pe-physical-education>  Use of podcasts on reference drive  Edexcel GCSE Physical Education Student Book  Pearson Revision Guide and Revision Workbook  Use revision tools on school website and PE reference drive  **Friday 3-4pm Revision Session** |
| 24th April  *Week 2*  *3 Lessons* | **1.2.3**  **Respiratory System**  Immediate and short term effects of the respiratory system  Effects of regular participation  and effects of long term participation on the respiratory system  Effect of lifestyle on the respiratory system  **1.2.4**  **Muscular System**  Major muscle groups and their roles – antagonistic pairs  Immediate and short term effects of the muscular system  Effects of regular participation  and effects of long term participation on the muscular system  Potential injuries  Rest / Adaptations  Diet  Performance enhancing drugs | Briefly recap cardiovascular system  **Questions to think about from the topics this week?**  What are the immediate and short-term effects of participation in exercise and physical activity on the respiratory system?  What are the effects of regular participation in – and long-term effects of participation in – exercise and physical activity on the respiratory system?  What effect do recreational drugs have on the respiratory system?  Define:  Oxygen debt  Lung capacity/volume  Vital capacity  What are the 11 muscles you need to know?  What is the roles using a sporting example for each of these muscles?  What are the immediate and short-term effects of participation in exercise and physical activity on the muscular system?  What are the effects of regular participation in – and long-term effects of participation in – exercise and physical activity on the muscular system?  What components of diet would aid the development of muscle growth and why?  What performance enhancing drug may a performer most likely use in order to gain an unfair advantage? | **The GCSE Specification**  <https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf>  <http://www.bbc.co.uk/schools/gcsebitesize/>  <http://www.s-cool.co.uk/gcse/pe>  <http://revisionworld.co.uk/gcse-revision/pe-physical-education>  Use of podcasts on reference drive  Edexcel GCSE Physical Education Student Book  Pearson Revision Guide and Revision Workbook  Use revision tools on school website and PE reference drive  **Friday 3-4pm Revision Session** |
| 1st May  *Week 1*  *2 Lessons* | **1.2.5**  **Skeletal System**  Function of the skeleton  Range of movement at the knee/elbow & shoulder and hip  Effects of regular participation on the skeletal system  Importance of weight baring exercise  Skeletal Injury or conditions  Influence of diet on the skeletal system | Briefly recap respiratory system & muscular system  **Questions to think about from the topics this week?**  What is the role of the skeleton?  What are the 5 range movements that can occur at a joint?  What range of movement can be seen at a hinge joint and give an example?  What range of movement can be seen at a ball and socket joint and give an example?  What is the importance of a weight-bearing exercise?  Give an example of a non-weight bearing exercise?  What are the potential injuries that may take place to the skeletal system?  How could you treat a strain or sprain?  How can diet influence the skeletal system? | **The GCSE Specification**  <https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf>  <http://www.bbc.co.uk/schools/gcsebitesize/>  <http://www.s-cool.co.uk/gcse/pe>  <http://revisionworld.co.uk/gcse-revision/pe-physical-education>  Use of podcasts on reference drive  Edexcel GCSE Physical Education Student Book  Pearson Revision Guide and Revision Workbook  Use revision tools on school website and PE reference drive  **Friday 3-4pm Revision Session** |
| 8th May  *Week 2*  *3 Lessons* | Exam Technique |  | **The GCSE Specification**  <https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf>  <http://www.bbc.co.uk/schools/gcsebitesize/>  <http://www.s-cool.co.uk/gcse/pe>  <http://revisionworld.co.uk/gcse-revision/pe-physical-education>  Use of podcasts on reference drive  Edexcel GCSE Physical Education Student Book  Pearson Revision Guide and Revision Workbook  Use revision tools on school website and PE reference drive  **Friday 3-5pm Revision Session** |
| 15th May  *Week 1*  *2 Lessons* | Unit 1: The Theory Of Physical Education  Exam Friday 19th May 1pm  1 hour 30 minutes |  | **The GCSE Specification**  <https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf>  <http://www.bbc.co.uk/schools/gcsebitesize/>  <http://www.s-cool.co.uk/gcse/pe>  <http://revisionworld.co.uk/gcse-revision/pe-physical-education>  Use of podcasts on reference drive  Edexcel GCSE Physical Education Student Book  Pearson Revision Guide and Revision Workbook  Use revision tools on school website and PE reference drive  **THURSDAY 3-5pm Revision Session** |