



Year 11 Six Week Plan

Subject: ____ PE _____

	Key areas of focus in lessons .	Key areas of focus in Academic Enrichment .	Key areas of focus for homework .	Key areas of focus for independent learning .
1 W/C 15/09	Psychology Lesson 2 & 3	COF - Focus on the definitions of the Components of fitness - Link them to sports and explain which sport they link to and give specific examples	Structure Script Revision - Use the structure script to practice answering higher mark questions - Use the key word list to check you have added all the appropriate information	Revise the muscles and bones, knowing the names of each one.
2 W/C 22/09	Psychology Lesson 4	Training Methods - Link training methods with Components of fitness and explain how they can be sport specific	GCSE POD - Choose and area which you need more guidance on to revisit.	Revise various movements and how movements occur
3 W/C 27/09	Psychology lesson 5 & 6	Fitness Tests - Link fitness tests with Components of fitness and discuss whether they are sport specific and link to a sport.	Structure Script Revision - Use the structure script to practice answering higher mark questions - Use the key word list to check you have added all the appropriate information	Revise Aerobic and Anaerobic systems and which sports they link too.
4 W/C 6/10	Psychology lesson 7	Movement Analysis Understand the Lever, planes and axis. - Use acronyms to assist learning	GCSE POD - Choose and area which you need more guidance on to revisit.	Revise skills continuum and which skills apply to which sporting movements
5 W/C 13/10	Psychology Lesson 8 & 9	Cardiovascular System - Focus on the chambers of the heart and direction of blood flow. - Name the arteries and veins	Structure Script Revision - Use the structure script to practice answering higher mark questions - Use the key word list to check you have added all the appropriate information	Revise Psychology unit.
6 W/C 20/10	Retrieval/revision lesson Paper 1 – COF	Respiratory System - Understand the pathway of air into the lungs - Explain Gaseous exchange	GCSE POD - Choose and area which you need more guidance on to revisit.	Focus revision on an area you believe to be a weakness.