



# Year 11 Six Week Plan

## Subject: PE

	Key areas of focus in <b>lessons</b> .	Key areas of focus in <b>Academic Enrichment</b> .	Key areas of focus for <b>homework</b> .	Key areas of focus for <b>independent learning</b> .
1 W/C 8/12	Sport Society and Culture The Impact of Technology in Sport	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 toc check you have added all the appropriate information	Revise the muscles and bones, knowing the names of each one.
2 W/C 15/12	Sport Society and Culture Etiquette	Training Methods - Link training methods with Components of fitness and explain how they can be sport specific	<b>GCSE POD</b> <b>- Choose and area which you need more guidance on to revisit.</b>	<b>Revise various movements and how movements occur</b>
3 W/C 5/01	Sport Society and Culture Performance enhancing drugs	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 toc check you have added all the appropriate information	Revise the impacts of Media and Sponsorship
4 W/C 12/01	Sport Society and Culture Spectator Behaviour	Movement Analysis Understand the Lever, planes and axis. - Use acronyms to assist learning	<b>GCSE POD</b> <b>- Choose and area which you need more guidance on to revisit.</b>	Revise skills continuum and which skills apply to which sporting movements
5 W/C 19/01	Health Fitness & Wellbeing Sedentary lifestyle/Diet & Nutrition	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 toc check you have added all the appropriate information	<b>Revise Psychology unit.</b>
6 W/C 26/01	Health Fitness & Wellbeing Somatotypes	Respiratory System - Understand the pathway of air into the lungs - Explain Gaseous exchange	<b>GCSE POD</b> <b>- Choose and area which you need more guidance on to revisit.</b>	Focus revision on an area you believe to be a weakness.