



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 8/12	Sport Society and Culture The Impact of Technology in Sport	COF <ul style="list-style-type: none"> - 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 <ul style="list-style-type: none"> - 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 15/12	Sport Society and Culture Etiquette	Training Methods <ul style="list-style-type: none"> - Link training methods with Components of fitness and explain how they can be sport specific 	GCSE POD <ul style="list-style-type: none"> - Choose and area which you need more guidance on to revisit. 	Revise various movements and how movements occur
3 W/C 5/01	Sport Society and Culture Performance enhancing drugs	Fitness Tests <ul style="list-style-type: none"> - Link fitness tests with Components of fitness and discuss whether they are sport specific and link to a sport. 	Structure Script Revision <ul style="list-style-type: none"> - 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 impacts of Media and Sponsorship
4 W/C 12/01	Sport Society and Culture Spectator Behaviour	Movement Analysis Understand the Lever, planes and axis. <ul style="list-style-type: none"> - Use acronyms to assist learning 	GCSE POD <ul style="list-style-type: none"> - 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 19/01	Health Fitness & Wellbeing Sedentary lifestyle/Diet & Nutrition	Cardiovascular System <ul style="list-style-type: none"> - Focus on the chambers of the heart and direction of blood flow. - Name the arteries and veins 	Structure Script Revision <ul style="list-style-type: none"> - 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 26/01	Health Fitness & Wellbeing Somatotypes	Respiratory System <ul style="list-style-type: none"> - Understand the pathway of air into the lungs - Explain Gaseous exchange 	GCSE POD <ul style="list-style-type: none"> - Choose and area which you need more guidance on to revisit. 	Focus revision on an area you believe to be a weakness.