

<u>Y10</u> <u>Term</u>	<u>Learning covered in lessons this term</u>	<u>Home learning</u>
Term 1	<p style="text-align: center;"><u>Introduction to GCSE PE theory</u></p> <ul style="list-style-type: none"> • Skeletal system • 1.1.1 – 1.1.3 https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/3c1d23f0-2d26-11e8-b092-e9cd19f97a8b/section-overview • Muscular system • 1.2.1 – 1.2.3 https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/c20c1ef1-5d5c-42d4-b2dd-6917dbfb0f49/session • Levers. • 1.3.1 and 1.3.2 https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/d9ab7d3b-deb5-4696-b98d-f506ed55b599/session • Diet, nutrition balanced diet • 5.2.1 – 5.2.4 https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/610466a0-2d1d-11e8-8bbb-85f2a0945a76/session • Cardiovascular system intro. • 1.4.1 – 1.4.9 https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/eece36b0-2dc1-11e8-8e9b-7fd99ec6365e/session • Assessment task: Exam questions during lessons covering all topics so far. 	<p>Using the knowledge organiser make notes to develop your knowledge of the topics covered in lesson this term and attempt the exam style questions.</p> <p>Use the Seneca learning link on the left hand side to support your learning on relevant topic areas.</p> <p>Complete both the Seneca learning checks and the exam style questions on the knowledge organiser. FEEDBACK: Seneca will give you instant feedback on your answers, you can also use your knowledge organisers to check your answers to the exam questions. You could mark these in green.</p>
Term 2	<p style="text-align: center;"><u>GCSE PE theory</u></p> <ul style="list-style-type: none"> • Recap on previous learning • Finish cardiovascular system. 1.4.1 – 1.4.4 Seneca https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/eece36b0-2dc1-11e8-8e9b-7fd99ec6365e/session • Respiratory system 1.4.5 – 1.4.9 	<p>Using the knowledge organiser make notes to develop your knowledge of the topics covered in lesson this term and attempt the exam style questions.</p> <p>Use the Seneca learning link on the left hand side to support your learning on relevant topic areas.</p>

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	<ul style="list-style-type: none"> • https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/43ac7564-e646-46e8-842d-8c9e6f065a3f/session • Aerobic/anaerobic • Short and long term effects of exercise 1.5.1 – 1.5.3 Seneca https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/39b17e69-7116-41b6-a65a-70bdbb9470dc/session <p>● Assessment task: Exam questions during lessons to include previous topics.</p>	<p>Complete both the Seneca learning checks and the exam style questions on the knowledge organiser. FEEDBACK: Seneca will give you instant feedback on your answers, use the knowledge organisers to check your answers to the exam questions. Mark in green.</p>
Term 3	<p align="center"><u>GCSE PE – term 3</u></p> <p>Planes. Seneca 1.3.1 – 1.3.4 https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/d9ab7d3b-deb5-4696-b98d-f506ed55b599/session Recap on previous learning Components of fitness and testing SPORT and FITT principle Seneca 2.1.1 – 2.1.7 https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/8e902eb3-928d-40cc-9854-6009d2225c5e/session Training methods 2.2.1 – 2.2.5 Seneca https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/31991400-285f-11e8-84c1-37f624ad4f01/session 5 part warm up and benefits. Seneca 2.2.4 https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/1e598930-2c45-11e8-b3b8-e5f7a9ede04b/session 2 part cool down and benefits. Seneca 2.2.5 https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/9d810a60-2c47-11e8-b3b8-e5f7a9ede04b/session</p> <p>● Assessment task: Mock Exam. Questions covering all topics so far.</p>	<p>Using the knowledge organiser make notes to develop your knowledge of the topics covered in lesson this term and attempt the exam style questions.</p> <p>Use the Seneca learning link on the left hand side to support your learning on relevant topic areas.</p> <p>Complete both the Seneca learning checks and the exam style questions on the knowledge organiser. FEEDBACK: Seneca will give you instant feedback on your answers, use the knowledge organisers to check your answers to the exam questions. Mark in green.</p>
Term 4	<p align="center"><u>GCSE PE – term 4</u></p> <p>Recap on previous learning Axis 1.3.3 Seneca https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/4ea93deb-3336-459c-9b11-08f6b92f0b16/session</p>	<p>Using the knowledge organiser make notes to develop your knowledge of the topics covered in lesson this term and attempt the exam style questions.</p> <p>Use the Seneca learning link on the left hand side to support your learning on relevant topic areas.</p>

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	<p align="center">Prevention of injury 2.3.1 Seneca https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/48ef8120-285f-11e8-84c1-37f624ad4f01/session SMART targets 4.1.2 Seneca https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/559319e0-2d1f-11e8-954a-b3f813c59de3/session Continuums 4.1.1 Seneca https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/4d0269c0-2d1f-11e8-954a-b3f813c59de3/session Assessment task: Exam questions covering all topics so far</p>	<p>Complete both the Seneca learning checks and the exam style questions on the knowledge organiser. FEEDBACK: Seneca will give you instant feedback on your answers, use the knowledge organisers to check your answers to the exam questions. Mark in green.</p>
<p>Term 5</p>	<p>In this term students will be completing their coursework in lessons. As this is a controlled assessment you will not be able to complete this at home.</p> <ul style="list-style-type: none"> • Recap on previous learning Components of fitness and testing • SPORT and FITT principle Seneca 2.1.1 – 2.1.7 • https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/8e902eb3-928d-40cc-9854-6009d2225c5e/session • 5 part warm up and benefits. Seneca 2.2.4 https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/1e598930-2c45-11e8-b3b8-e5f7a9ede04b/session • 2 part cool down and benefits. Seneca 2.2.5 https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/9d810a60-2c47-11e8-b3b8-e5f7a9ede04b/session • Skeletal system • – 1.1.3 https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/3c1d23f0-2d26-11e8-b092-e9cd19f97a8b/section-overview • Muscular system • 1.2.1 – 1.2.3 https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/c20c1ef1-5d5c-42d4-b2dd-6917dbfb0f49/session <p align="center">Recap on previous learning Components of fitness and testing SPORT and FITT principle Seneca 2.1.1 – 2.1.7 https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/8e902eb3-928d-40cc-9854-6009d2225c5e/session</p>	<p>Using the knowledge organiser make notes to develop your knowledge of the topics covered in lesson this term and attempt the exam style questions.</p> <p>SPORT and FITT principles Components of fitness Risk and hazards including warm up and cool downs. Antagonistic pairs and movement types possible at a joint. Naming and identifying the correct terms for muscles and bones in the skeleton. Warm up and cool down</p> <p>Use the knowledge organiser and the links to Seneca on the left to revise. You may decide to create a mind map, flash cards or get someone to test you verbally.</p> <p>When you are ready attempt the exam questions to the best of your ability. Once completed use a green epn to mark yourself and improve your answers using the mark scheme.</p>

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Term 6	<p align="center"><u>Introduction to GCSE PE theory</u></p> <p align="center">Factors affecting participation 3.1.1 and 3.1.2 https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/d8036701-b739-4f01-a673-6c18d87a35b4/session Promotion, provision and access.</p> <p align="center">Commercialisation of sport 3.2.1 – 3.2.5 https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/6fe56538-39c2-4274-a5e4-421356c1e48b/session</p> <p align="center">Assessment task: Mock exam. Full paper 1. Partial paper 2 exam.</p>	<p align="center">Using the knowledge organiser make notes to develop your knowledge of the topics covered in lesson this term and attempt the exam style questions.</p> <p align="center">Use the Seneca learning link on the left hand side to support your learning on relevant topic areas.</p> <p align="center">Complete both the Seneca learning checks and the exam style questions on the knowledge organiser. FEEDBACK: Seneca will give you instant feedback on your answers, use the knowledge organisers to check your answers to the exam questions. Mark in green.</p>
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<u>Y11</u>	<u>Learning covered in lessons this term</u>	<u>Home learning</u>
Term 1	<p align="center">GCSE PE Y11 term 1</p> <p align="center">Health, fitness and well being. 5.1.1 – 5.1.3 Seneca https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/fed953f0-2d1c-11e8-8bbb-85f2a0945a76/session Consequences of sedentary lifestyle 5.1.4 https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/fff28c20-2d1c-11e8-8bbb-85f2a0945a76/section-overview</p> <p align="center">Assessment task: Mock exam covering all exam content x 2 papers – Pixl mock papers adapted.</p>	<p align="center">Using the knowledge organiser make notes to develop your knowledge of the topics covered in lesson this term and attempt the exam style questions.</p> <p align="center">Use the Seneca learning link on the left hand side to support your learning on relevant topic areas.</p> <p align="center">Complete both the Seneca learning checks and the exam style questions on the knowledge organiser. FEEDBACK: Seneca will give you instant feedback on your answers, use the knowledge organisers to check your answers to the exam questions. Mark in green.</p>

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<p>Term 2</p>	<p align="center">GCSE PE Y11 term 2</p> <p align="center">Sponsorship/commercialisation 3.2.1 – 3.2.6 Seneca https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/6fe56538-39c2-4274-a5e4-421356c1e48b/session</p> <p align="center">Sportsmanship/Gamesmanship – deviance 3.3.1 – 3.3.2 Seneca https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/b3abc6bc-a5d2-4cb7-b90d-def2118a21df/session</p> <p align="center">Drugs in sport 3.3.3 – 3.3.5 Seneca https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/d18f11f2-e94f-4338-98ab-7d405effb0cb/session</p> <p align="center">Violence in sport</p> <p align="center">Characteristics of skilful movement. 4.4.1 Seneca https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/4d0269c0-2d1f-11e8-954a-b3f813c59de3/session</p> <p>Assessment task: Mock exam covering all exam content x 2 papers – summer 2019 – minus term 6 topics.</p>	<p>Using the knowledge organiser make notes to develop your knowledge of the topics covered in lesson this term and attempt the exam style questions.</p> <p>Use the Seneca learning link on the left hand side to support your learning on relevant topic areas.</p> <p>Complete both the Seneca learning checks and the exam style questions on the knowledge organiser. FEEDBACK: Seneca will give you instant feedback on your answers, use the knowledge organisers to check your answers to the exam questions. Mark in green.</p>
<p>Term 3</p>	<p align="center">GCSE PE Y11 term 3</p> <p>Mental preparation 4.1.3 Seneca https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/5ba70a30-2d1f-11e8-954a-b3f813c59de3/session</p> <p>Types of guidance 4.2.3 Seneca https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/5ece88f0-2d1f-11e8-954a-b3f813c59de3/session</p> <p>Types of feedback 4.2.4 and 4.2.5 Seneca https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/63443290-2d1f-11e8-954a-b3f813c59de3/section-overview</p> <p align="center">Revision</p> <p>Assessment task: in lesson exam questions.</p> <p>Where possible a past exam paper will be sent home along with a mark scheme to aid exam practise</p>	<p>Using the knowledge organiser make notes to develop your knowledge of the topics covered in lesson this term and attempt the exam style questions.</p> <p>Use the Seneca learning link on the left hand side to support your learning on relevant topic areas.</p> <p>Complete both the Seneca learning checks and the exam style questions on the knowledge organiser. FEEDBACK: Seneca will give you instant feedback on your answers, use the knowledge organisers to check your answers to the exam questions. Mark in green.</p> <p>Where possible a past exam paper will be sent home along with a mark scheme to aid exam practise</p>

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<p>Term 4</p>	<p>GCSE PE Y11 term 4</p> <p>In lessons students will be revisiting previously covered content. The topics covered will depend on a student RAG sheet, teacher observations during lessons and whole class exam feedback.</p> <p>Topics likely to be a focus include:</p> <ul style="list-style-type: none">Short- and long-term effects of exerciseThe cardiovascular systemThe respiratory systemPlanes and axisLots of low stakes knowledge recall tasksAttempting exam questions and developing exam technique. <p>Where possible a past exam paper will be sent home along with a mark scheme to aid exam practise</p>	<p>This term is all about revisiting previous learning and preparing for the exam. Complete the RAG sheet below to prioritise your home learning revision.</p> <p>Red = I do not feel confident on this, Amber = I could answer most questions on this, Green I am confident to answer a 4-6 marker on this topic.</p> <p>Once completed use your knowledge organisers to create a clear mind map of key content and key words. Then attempt to complete the exam questions on the Knowledge organiser. Afterwards mark yourself using the knowledge organiser as a guide. You can also use www.senecalearning.com to support you with your revision.</p> <p>If you do not have your knowledge organiser they can be found on the school website under GCSE PE.</p> <p>Where possible a past exam paper will be sent home along with a mark scheme to aid exam practise</p>
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