

1. Curriculum map by Year: Year 11 GCSE PE

			Lesson focus	homework	assessment	Enrichment
Autumn 1	05.09.22	Week 1	3.1.1.2 Applied Anatomy and Physiology - main bones in the body - Structure and function of the skeleton			Enrichment Clubs are advertised around school, on our website and our social media. Trips: - Champs League Fixture Interhouse Competitions: - Basketball - Netball
	12.09.22	Week 2	3.1.1.2 Applied Anatomy and Physiology - main muscles in the body - synovial joints	Formative assessment: Homework – exam pro questions		
	19.09.22	Week 3	3.1.1.2 Applied Anatomy and Physiology - movements at a joint linked to sporting actions - Antagonistic pairs			
	26.09.22	Week 4	3.1.1.2 Applied Anatomy and Physiology - the pathway of air - gaseous exchange	Formative assessment: Key definitions sheet – homework Formative assessment – PEE BINGO (6 mark question)	Summative assessment – test on key definitions	
	03.10.22	Week 5	3.1.1.2 Applied Anatomy and Physiology - Blood vessels - Structure of the heart			
	10.10.22	Week 6	3.1.1.2 Applied Anatomy and Physiology - The cardiac cycle and pathway of blood - Cardiac output, stroke volume and heart rate		Formative assessment – 9 mark question: Explain how the cardiovascular and respiratory systems allow for endurance athletes to	

					perform at high intensities for a long period of time	
					Model answer and exam technique on bottom of sheet	
					Corrections to 9 mark answer sheet	
	17.10.22	Week 7	<p>3.1.1.2 Applied Anatomy and Physiology</p> <ul style="list-style-type: none"> - Mechanics of breathing - Interpretation of a spirometer trace 	Homework – Spirometer questions		
Autumn 2	31.10.22	Week 8	<p>3.1.1.3 Applied Anatomy and Physiology</p> <ul style="list-style-type: none"> - Aerobic and anaerobic exercise - Examples of different intensities/sports 	Homework – exam pro questions	Formative assessment – 9 mark question: Discuss the effectiveness of the aerobic and anaerobic energy systems for the following activities	
					MODEL PEE PARAGRAPH	
					AO1, AO2, AO3 Table to complete	

	07.11.22	Week 9	<p>3.1.1.3 Applied Anatomy and Physiology</p> <ul style="list-style-type: none"> - Immediate effects of exercise - Short term effects of exercise 			<p>Enrichment Clubs are advertised around school, on our website and our social media.</p> <p>Trips:</p> <ul style="list-style-type: none"> - International Football Fixture - Basketball Fixture <p>Interhouse Competitions:</p> <ul style="list-style-type: none"> - Gymnastics
	14.11.22	Week 10	<p>3.1.1.3 Applied Anatomy and Physiology</p> <ul style="list-style-type: none"> - Long term effects of exercise 	<p>Homework – lesson 2 plenary questions</p> <p>Revision checklist and test review</p> <p>Liz White model answer for 6 mark question on recovery methods..</p>		
	21.11.22	Week 11	TEST ON EVERYTHING SO FAR		<p>SUMMATIVE ASSESSMENT 1 – TEST ON EVERYTHING SO FAR</p>	
	28.11.22	Week 12	<p>3.2.2.1 Socio-cultural influences</p> <ul style="list-style-type: none"> -Introduction lesson -Social groups and factors affecting participation 	<p>HOMEWORK – Plenary questions and 9 mark question (mark scheme available on sheet) – pupils to peer assess their answer using the mark scheme highlighting AO1, AO2, AO3</p>	<p>Formative assessment 9 mark question - Discuss how barriers can affect participation in a social group of your choice</p> <p>Differentiated – sentence starters for less able</p>	
	05.12.22	Week 13	<p>3.2.2.1 Socio-cultural influences</p> <ul style="list-style-type: none"> - Social groups and factors 		<p>SUMMATIVE ASSESSMENT YEAR 11 MOCK EXAM</p>	
	12.12.22	Week 14	<p>3.2.2.2 Socio-cultural influences</p> <ul style="list-style-type: none"> - Commercialisation -Types of sponsorship and the media 	<p>Homework – exam pro questions</p> <p>(choice of 1 9 marker from 2 questions)</p>		
Spring 1	02.01.23	Week 15	<p>3.2.2.3 Socio-cultural influences</p> <ul style="list-style-type: none"> - conduct of performers 	Homework – research case studies and complete booklet		<p>Enrichment Clubs are advertised around school, on our website and our social media.</p>

			Prohibited substances			Trips: - PGL Residential Interhouse Competitions: - Dodgeball - Badminton
	09.01.23	Week 16	3.2.2.3 Socio-cultural influences - Prohibited methods (blood doping) - Drugs subject to restrictions (beta blockers)			
	16.01.23	Week 17	3.2.2.3 Socio-cultural influences - Performance and PED (link drugs to sports) - advantages and disadvantages of PED	Homework – performance enhancing drugs past exam questions		
	23.01.23	Week 18	3.2.2.3 Socio-cultural influences - Spectator behaviour (positive/negative) - Hooliganism – reasons for it - Strategies to combat hooliganism	Homework – 9 mark question ‘Evaluate the effectiveness of strategies to combat hooliganism’		
	30.01.23	Week 19	Revision for exam			SUMMATIVE ASSESSMENT 2 – TEST ON EVERYTHING SO FAR
	06.02.23	Week 20				
	13.02.23	Week 21				
Spring 2	27.02.23	Week 22				Enrichment Clubs are advertised around school, on our website and our social media.
	06.03.23	Week 23				
	13.03.23	Week 24				Trips: - Netball Super League
	20.03.23	Week 24				Interhouse Competitions: - Football - Handball
	27.03.23	Week 26				
Summer 1	17.04.23	Week 27				Enrichment Clubs are advertised around school, on our website and our social media.
	24.04.23	Week 28				
	01.05.23	Week 29				Trips:

