

## PE and Sport Y11 Revision Programme 2018

Date: Lunchtimes 1.00-1.30pm	GCSE PE (Sports Studies) Tuesdays H9; Wednesdays T10  Topic		Date: Week Beginning Lunchtimes 1.00-1.30pm	BTEC Sport Level 2 Mondays H9, Thursdays H9
Tues 30-1	Structure and Function of <b>Skeletal System</b>	and /or any other support required	Mon 29-1	<b>Revision Programmes for Unit 1 Exam</b> will be publicised in advance of the exam - these will be after school and/or at lunch time.  <b>Intervention and Support for Units/assignments currently working on.</b>  <b>Catch Up work</b>
Wed 31-1	Structure and Function of <b>Muscular System</b>	and /or any other support required		
Tues 5-2	<b>Movement Analysis: Lever Systems</b>	and /or any other support required	Mon 4-2	
Wed 7-2	<b>Movement Analysis: Planes of Movement</b>	and /or any other support required		
Tues 20-2	<b>Movement Analysis: Axes of Rotation</b>	and /or any other support required	Mon 19-2	
Wed 21-2	<b>Cardio Vascular System 1</b> Double circulatory system; pulmonary system; systemic system	and /or any other support required		
Tues 27-2	<b>Respiratory System 1</b> Pathway of air through Respiratory system; Role of Respiratory Muscles in Breathing	and /or any other support required	Mon 19-2	
Wed 28-2	<b>Cardio Vascular System 2</b> Blood and Blood	and /or any other support		

	vessels; Heart and Pathway of blood, HR, SV, Q (Cardiac Output)	required		
Tues 6-3	<b>Respiratory System 2</b> <b>Aerobic and Anaerobic Exercise</b>	and /or any other support required	Mon 5-3	
Wed 7-3	Effect of Exercise on Body systems <b>Short Term Effects</b>	and /or any other support required		
Tues 13-6	Effect of Exercise on Body systems <b>Long Term Effects 1</b>	and /or any other support required	Mon 12-3	
Wed 14-3	Effect of Exercise on Body systems <b>Long Term Effects 2</b>	and /or any other support required		
Tues 20-3	<b>Components of Fitness (COF):</b> CV Endurance Stamina and Muscular Endurance	and /or any other support required	Mon 19-3	
Wed 21-3	<b>COF:</b> Speed Strength Power Flexibility	and /or any other support required		
Tues 27-3	COF: Agility, Balance, Coordination, Reaction Time	and /or any other support required	Mon 26-3	
Wed 28-3	<b>Principles of Training</b> SOPR	and /or any other support required		

Date Lunchtimes 1.00-1.30pm	GCSE PE (Sports Studies) Topic		Date Week Beginning	BTEC Sport Level 1/2
Tues 17-4	<b>Types of Training 1</b> Continuous, Fartlek, Interval	and /or any other support required	Mon 16-4	
Wed 18-4	<b>Types of Training 2</b> Circuit, Weight, Plyometrics, HIIT	and /or any other support required		
Tues 24-4	<b>Preventing Injury</b> especially <b>Risk Assessment</b>	and /or any other support required	Mon 23-4	
Wed 25-4	<b>Engagement Patterns of Social Groups</b>	and /or any other support required		
Tues 1-5	<b>Commercialisation</b>	and /or any other support required	Mon 30-4	
Wed 2-5	<b>Ethical &amp; Socio Cultural Issues 1</b> Sportsmanship Gamesmanship	and /or any other support required		
Tues 8-5	<b>Ethical &amp; Socio Cultural Issues 2</b> Deviance: Drugs, Violence	and /or any other support required	Mon 7-5	
Wed 9-5	Characteristics of Skilful Mov't; Classifications of Skill	and /or any other support required		
Tues 15-5	Goal setting/ Mental Preparation	and /or any other support required	Mon 14-5	
Wed 16-5	Guidance & Feedback	and /or any other support required		
Tues	Health Fitness and	and /or any	Mon 21-5	

22-5	Well-Being	other support required		
Wed 23-5	Diet & Nutrition	and /or any other support required		