Physical Education

GCSE Year 11

Assessment Opportunities	Literacy/Reading opportunities	CEIAG Links
Students will complete mock exams from past papers from OCR to be assessed, while also including mini assessments at the end of each mini topic to address misconceptions.	Regular use of Tier 2 and 3 vocabulary. Key words on board every lesson. Homework tasks to support with definitions and key words. Use of media in sport to highlight and support evidence for specific topics. GCSE Physical Education - OCR - BBC Bitesize PE (Physical Education) GCSE | Revision World GCSE PE Quizzes – The PE Classroom	Students will be given the opportunity to enrol on to the sport leaders programme which will gain them an additional qualification. Working with other organisations to develop skills that can support future aspects. Discussion to career pathways and opportunities to speak to sixth formers.

Curriculum vision:

"Our aim is to deliver a curriculum that is inclusive, relevant and progressive for all learners."

Key Stage: 4	DURATION: Approx 21 lessons/weeks
Learners will develop knowledge and understanding of the basic structures and functions of body systems that are particularly important to physical activities and sports. They will also study the short and long-term effects of exercise on these systems, and how these effects can impact on physical fitness and performance. Learners will develop the ability to collect and use data, analyse movement and apply their knowledge and understanding, using examples from physical activity and sport.	

Prior learning	Assessment	Resources	Enrichment Opportunities:
Students will have experienced learning about basic functions in KS3 PE lessons. Students would have developed knowledge to key bones/ muscles and components of fitness as part of their PE curriculum.	End of topic exams for each section of delivery 1 hour OCR exam in year 11	PowerPoints to accompany each lesson Practical space and equipment for fitness testing/ methods of training	Extra-curricular activities First aid Volunteer Opportunities Leadership Coaching Certificates Duke of Edinburgh

Lesson/ Weeks	Learning Intention	Learning Context	Learning Activities
1	**The Structure and functions of the skeletal system** Location of major bones Know the name and location of the following bones in the human body. *By the end of the lesson students should be able to identify the different bones of the body and know the name of each of the bones.*	Label the following bones on the skeleton o cranium o vertebrae o ribs o sternum o clavicle o scapula o pelvis o humerus o ulna o radius o carpals o metacarpals o phalanges o femur o patella o tibia o fibula o tarsals o metatarsals.	**Activity 1: Location of bones** Two games for pupils to access that will support their rote learning of bone locations in the body. View full activity in Anatomy and Physiology: The structure and function of the skeletal and muscular systems - Online delivery guide **Activity 2: Location of bones (practical task)** A practical activity where pupils can physically place the bones on an outline of the human body. View full activity in Anatomy and Physiology: The structure and function of the skeletal and muscular systems - Online delivery guide

2	Functions of the skeletal system Understand the functions of the skeletal system.	Understand and be able to apply examples of how the skeleton provides or allows: o support o posture o protection o movement o blood cell production o storage of minerals	**Activity 1: Functions of the Skeleton – missing words and application of knowledge** A simple task that involves students putting the missing words in the sentences, alongside an extension task where skeletal functions can be exemplified. View full activity in Anatomy and Physiology: The structure and function of the skeletal and muscular systems - Online delivery guide
3	Types of Synovial joints Know the definition of a synovial joints	Know the following hinge joints: o Knee – articulating bones – femur, tibia o Elbow – articulating bones – humerus, radius, ulna Know the following ball and socket joints: • Shoulder – articulating bones – humerus, scapula • Hip – articulating bones – pelvis, femur.	**Activity 1: Types of synovial joint** A set of flash cards along with a web link to further pupils' knowledge of synovial joints. View full activity in Anatomy and Physiology: The structure and function of the skeletal and muscular systems - Online delivery guide
4	Types of Movement Know the types of movement at ball and socket joints.	Know the types of movement at ball and socket joints and be able to apply them to examples from physical activity/sport: o flexion o extension o rotation o abduction o adduction o circumduction	Students will watch a range of video clips from YouTube, and then decide (and justify) the types of movement and joint/s that each movement occurs at. View full activity in Anatomy and Physiology: The structure and function of the skeletal and muscular systems - Online delivery guide
5	Types of Movement Know the types of movement at hinge joints.	Know the types of movement at hinge joints and be able to apply them to examples from physical activity/sport: o flexion o extension	
6	Components of a joint Understand the different roles of a joints components.	Know the roles of: o ligament o cartilage o tendons	A range of questions for students to answer. Some are short answer and others require more detail. View full activity in Anatomy and Physiology: The structure and function of the skeletal and muscular systems - Online delivery guide
		Assessment 1.	
7	**The Structure and functions of the muscular system** Know the name and location of the following muscle groups in the human body	Label the major muscles o deltoid o trapezius o latissimus dorsi o pectorals o biceps o triceps o abdominals o quadriceps o hamstrings	**Activity 7: The location of major muscle groups** Several games for pupils to access that will support their rote learning of muscle locations in the body. View full activity in Anatomy and Physiology: The structure and function of the skeletal and muscular systems - Online delivery guide

		o gluteals o gastrocnemius	
8	Analysis of movement Understanding how your muscles are used in sport.	Know the definitions and roles of the following and be able to apply them to examples from physical activity/sport: o agonist o antagonist o fixator – antagonistic muscle action	**Activity 8: Using our muscles in sport** There is a table to complete where pupils can discuss and research which muscles serve us in performing sporting actions. View full activity in Anatomy and Physiology: The structure and function of the skeletal and muscular systems - Online delivery guide **Activity 9: Analysis of movement and the roles of muscles** Look at the images, and write down the following: • Joint used • Agonist • Antagonist • Fixator View full activity in Anatomy and Physiology: The structure and function of the skeletal and muscular systems - Online delivery guide
9	Lever systems How lever systems work in sporting activities	Know the three classes of lever and their use in physical activity and sport: o 1st class – neck o 2nd class – ankle o 3rd class – elbow	
10	Planes of movement Understand the different planes of movement	Know the location of the planes of movement in the body and their application to physical activity and sport: o frontal o transverse o sagittal	
		Assessment 2.	
11	**Cardiovascular Systems** Know how the Circulatory system works	Know the double-circulatory system (systemic and pulmonary)	**Activity 3: Flash Card revision/consolidation of learning** **Flash Card revision/consolidation of learning** Teacher instructions accompany a set of flash cards. The cards will need to be printed and laminated for use (Teacher Resource 2 Activity 2 along with both the green and blue flash cards). Flash cards are most frequently used for revision/consolidation purposes. Use the green and blue flash cards (20 cards in total). The name of each of the listed cardiovascular structures is on one side and a description on the other side. Two activities are suggested: **What am I?** Students work in pairs or small groups. Students take it in turns to read out the description side of the flash card. The other student(s) must work out the name of the structure being described. **Describe me!** Students work in pairs or small groups. Students take it in turns to read out

			the structure side of the card. The other student(s) recall as many facts as they can about the structure and its functions. View full activity in Anatomy and Physiology: Structure and function of the cardiovascular - Online delivery guide
12	Define the different types of Blood Vessels	Know the different types of blood vessel: o arteries o capillaries o veins	Research task
13	Highlight and understand the Pathway of blood through the heart	Understand the pathway of blood through the heart: • atria • ventricles • bicuspid, tricuspid and semilunar valves • septum and major blood vessels: – aorta – pulmonary artery – vena cava – pulmonary vein	**Resource 3: YouTube videos** **YouTube:** There are a great many videos on YouTube which can be used to aid teaching, consolidation of learning or revision. Links to a selection of these are provided: **Interactive Biology: Anatomy of the heart** This video, from interactive-biology.com, goes through the anatomy of the heart, including the four chambers, the valves and the major arteries and veins. **How blood flows through the heart** This video, from interactive-biology.com, uses diagrams to explain how blood flows through the structures of the heart. View full resource in Anatomy and Physiology: Structure and function of the cardiovascular - Online delivery guide
14	Definitions in cardiovascular system	Know the definitions of: o heart rate o stroke volume o cardiac output	Match up definition task
15	Red blood cells	Know the role of red blood cells	Research task. Split in to small groups to research and discover knowledge of the different blood cells.
Assessment 3.			
16	**Respiratory System** Understand the pathway of air through the respiratory system	o mouth o nose o trachea o bronchi o bronchiole o alveoli	Practical task Put in order of flow of oxygen and carbon dioxide.
17	Gain knowledge to the role of the respiratory muscles.	know the role of respiratory muscles in breathing: o diaphragm o intercostals	How to make lungs working MODEL with balloons | DIY respiratory system | science | howtofunda - Bing video

18	Define key words in the respiratory system	know the definitions of: o breathing rate o tidal volume o minute ventilation	
19	Understand the process of Gases exchange	understand about alveoli as the site of gas exchange	Task: Using different colour pens highlight the flow of oxygen and carbon dioxide
Assessment 4.			
20	**Short & Long term effects of exercise** Understand the Short term effects of exercise	Understand the short-term effects of exercise on: o muscle temperature o heart rate, stroke volume, cardiac output o redistribution of blood flow during exercise o respiratory rate, tidal volume, minute ventilation o oxygen to the working muscles o lactic acid production Linking to sports examples and data	Create your own knowledge organiser
21	Understand the long term effects of exercise	Understand the long-term effects of exercise on: o bone density o hypertrophy of muscle o muscular strength o muscular endurance o resistance to fatigue o hypertrophy of the heart o resting heart rate and resting stroke volume o cardiac output o rate of recovery o aerobic capacity o respiratory muscles o tidal volume and minute volume during exercise o capillarisation Linking to sports examples and data	Create your own knowledge organiser
Year 11 Examinations (May)			