**GCSE PE Scheme of Work – Term 1**

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| Week | Date (W/C) | Topic | Homework GCSE Workbook |
| 1 | 03/9/18 | Introduction –expectations/course content  An introduction to using a PEP to develop fitness, health, exercise and performance  PARQs; warm ups and cool downs | Fitness, health, exercise and performance worksheet (Page 31 & 32)  Warm ups and cools downs worksheet (page 78 & 79) |
| 2 | 10/9/18 | Components of fitness  Fitness tests – theory and practice (i) | Power and speed (page 37) |
| 3 | 17/9/18 | Fitness tests – theory and practice (i)  Fitness tests – theory and practice (ii) | Strength and flexibility tests (page 43) |
| 4 | 24/9/18 | Fitness tests – theory and practice (iii)  Principles of training | Interpreting fitness test results (page 46)  FITT and reversibility (page 50) |
| 5 | 1/10/18 | Application of principles of training to a PEP  Methods of training | Thresholds of training (page 51)  Circuit training (page 54) |
| 6 | 8/10/18 | Application of methods of training to a PEP  Week 1 of PEP (practical element) | Weight/resistance training (page 57) |
| 7 | 15/10/18 | Long term effects of training on the muscular-skeletal system  Long term effects of training on the cardio-respiratory system  Week 2 of PEP (practical element) | Effects of training on the muscular-skeletal system (page 60)  Adaptations to the cardiovascular system (page 62) |
| 8 | 22/10/18 | Identification and treatment of injury  Injury prevention in physical activity  Week 3 of PEP (practical element) | Soft tissue injuries and RICE (page 70)  Injury prevention 1 (page 65) |
| 9 | 5/11/18 | Performance enhancing drugs (i)  Performance enhancing drugs (ii)  Week 4 of PEP (practical element) | Drugs (page 71 & 77) |
| 10 | 12/11/18 | Factors affecting participation in physical activity (i)  Factors affecting participation in physical activity (ii)  Week 5 of PEP (practical element) | Gender and age groups (page 106) |
| 11 | 19/11/18 | Participation rate trends – use of data  Commercialisation and the media  Week 6 of PEP (practical element) | Ethnicity and disability groups (page 107)  Commercialisation the media and sport (page 108) |
| 12 | 26/11/18 | Advantages and disadvantages of commercialisation (i)  Advantages and disadvantages of commercialisation (ii) | The advantages/disadvantages of commercialisation (page 109 & 110) |
| 13 | 3/12/18 | Sporting behaviours  Deviance in sport | Sporting behaviours (page 111)  Deviance in sport (112) |
| 14 | 10/12/18 | Physical, emotional and social health  Lifestyle choices | Social health (page 85) |
| 15 | 17/12/18 | Impact of lifestyle choices  Sedentary lifestyles and consequences | Impact of a sedentary lifestyle on weight  (page 80) |

**GCSE PE Scheme of Work – Term 2**

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| Week | Date (W/C) | Topic | Homework GCSE Workbook |
| 1 | 7/1/19 | Balanced diet and the role of nutrients  Dietary manipulation for sport | Macronutrients (page 91) |
| 2 | 14/1/19 | Functions of the skeletal system  Classification of bones | Functions of the skeleton (page 47) |
| 3 | 21/1/19 | Classification and roles of muscles  Structure of the skeletal system | Muscles (page 9) |
| 4 | 28/1/19 | Location and roles of key voluntary muscles  Antagonistic muscles | Antagonistic muscle pairs: biceps and triceps (page 10) |
| 5 | 4/2/19 | Fast and slow twitch muscle fibres  Structure and function of the cardiovascular system | Muscle fibre types (page 14) |
| 6 | 11/2/19 | Arteries, capillaries and veins  Vascular shunting | Cardiovascular system 1 (page 15) |
| 7 | 25/2/19 | Components of blood and their significance for physical activity  Respiratory system – composition of air; lung volumes | Blood vessels (page 17) |
| 8 | 4/3/19 | Location and roles of principal components of respiratory system  Structure and function of alveoli | The respiratory system (page 22) |
| 9 | 11/3/19 | Energy sources; aerobic and anaerobic exercise and short term effects of exercise | Energy and energy sources (page 24) |
| 10 | 18/3/19 | Lever system – first, second and third class levers | Lever system 1 (page 27) |
| 11 | 25/3/19 | Mechanical advantage in sport and physical activity | Plane and axes of movement 1 (page 29) |
| 12 | 1/4/18 | Movement possibilities at joints; utilisation of movement in physical activity | Plane and axes of movement 2 (page30) |

**GCSE PE Scheme of Work – Term 3**

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| Week | Date (W/C) | Topic | Homework GCSE Workbook |
| 1 | 22/4/19 | Classification of skills 1 | Classification of skills 1 (page 95) |
| 2 | 29/4/19 | Classification of skills 2 | Classification of skills 2 (page 96) |
| 3 | 6/5/19 | Mass and distributed practice | Mass and distributed practice (page 97) |
| 4 | 13/5/19 | Values of goal setting 1 | Values of goal setting 1 (page 99) |
| 5 | 20/5/19 | Values of goal setting 2 | Values of goal setting 2 (page 100) |
| 6 | 3/6/19 | Visual and verbal guidance | Visual and verbal guidance (page 101) |
| 7 | 10/6/19 | Manual and mechanical guidance | Manual and mechanical guidance (page 102) |
| 8 | 17/6/19 | Mental preparation for performance; Types of feedback | Types of feedback (page 103) |
| 9 | 24/6/19 | Mental Rehearsal | Mental Rehearsal (page 104) |
| 10 | 1/7/19 | Multiple choice | Test 1 (page 120-121) |
| 11 | 8/7/19 | Short answer questions | Test 2 (pages 122-123) |
| 12 | 15/7/19 | Use of data questions | Test 3 (pages 132) |
| 13 | 22/7/19 | Extended answer questions | Test 4 (pages 133) |