


Year 11 GCSE PE guidance for school absence and catch up work.

Alongside this document you should have access to the following documents below. The first document provides a detailed checklist for students to check their knowledge against for all topics. This will be available through their google classroom which they can access through RM unify. **The code of the google classroom is: c6rq7hl**





Physical factors affecting performance

This section covers content for paper 1 of the examination.

1.1 Applied anatomy and physiology

Understanding the basic physiological make-up and use of the main body systems that are essential to physical activity and sports performance, along with how these body systems respond to exercise and training, will help you to improve your fitness and performance.

	Covered it!	Learned it!	Smashed it!
1.1.a The structure and function of the skeletal system			
Location of 19 major bones			
* Six functions of the skeleton			
Types of synovial joint			
* Types of movement at hinge joints and ball and socket joints			
Other components of joints			
1.1.b The structure and function of the muscular system			
* Location of 11 major muscles groups			
* The roles of muscle in movement			
1.1.c Movement analysis			
* Three types of lever systems			
* Planes of movement and axes of rotation			
1.1.d The cardiovascular and respiratory systems			
Structure and function of the cardiovascular system			
Structure and function of the respiratory system			
* Aerobic and anaerobic exercise			
1.1.e Effects of exercise on body systems			
 Short-term effects of exercise			
 Long-term (training) effects of exercise			

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Below you will see an overview of the topics we will cover this year. This has been adapted due to the situation as we wanted to make sure topics were covered in the most appropriate and timely manner for the elements required in year 11. (Coursework) This document is available on the google classroom your young person can access through RM unify.

GCSE PE Programme of Learning Year 11 COVID					
	Week No.	Week	Topic	T and L	Notes about learning
<i>Autumn Term 1</i>	1	A	- Bone location, Function of the skeleton, Muscle location, movement at a joint.		
	2	B	- Bone location, Function of the skeleton, Muscle location, movement at a joint.		
	3	A	- The body in action, movement in sporting performance		
	4	B	- Components of Fitness and Fitness testing		
	5	A	- Components of Fitness and Fitness testing		
	6	B	- Training principles and Training methods		
	7	A	- Training principles and Training methods		
<i>Half Term</i>					
<i>Autumn Term 2</i>	1	B	- SMART Targets and optimising performance		
	2	A	- SMART Targets and optimising performance		
	3	B	- SMART Targets and optimising performance		
	4	A	- Structure and Function of the respiratory system		
	5	B	- Structure and Function of the respiratory system		
	6	A	- Structure and Function of the respiratory system		
	7	B	-		
<i>Christmas</i>					
<i>Spring term 1</i>	1	A	- Ethics, Values, Drugs in sport		
	2	B	- Mental preparation techniques, Guidance and feedback		
	3	A	- Commercialism		
	4	B	- Commercialism		
	5	A	- National Governing Bodies, National organisations		
	6	B	- National Governing Bodies, National organisations		
<i>Half Term</i>					
<i>Spring Term 2</i>	1	B	- Barriers to participation		
	2	A	- Characteristics of Skill and Skilful movement.		
	3	B	- Health, Fitness and Wellbeing		
	4	A	- Short and Long Term effects of exercise		
	5	B	-		

Should you require further resources to support your young person you can find the exam course guidance here:

<https://www.ocr.org.uk/Images/234822-specification-accredited-gcse-physical-education-j587.pdf>

BBC bitesize also do some really good information to support with learning here:

<https://www.bbc.co.uk/bitesize/examspecs/ztrcg82>

Should you have any PE related questions whilst your young person is not in college please contact Mr Gillard on the following and he will aim to support you in any way he can.

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