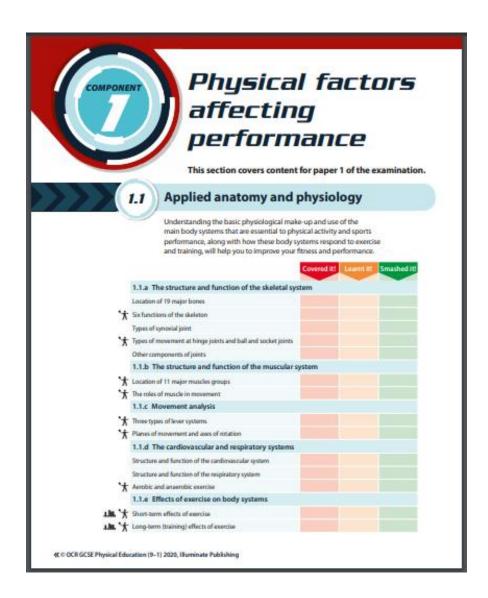
Year 11 GCSE PE guidance for school absence and catch up work.

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**



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.

	Week No.	Week		Topic	T and L	Notes about learning
Autumn Term 1	1	A	-	Bone location, Function of the skeleton, Muscle location, movement at a joint.		
	2	В	-	Bone location, Function of the skeleton, Muscle location, movement at a joint.		
	3	Α	-	The body in action, movement in sporting performance		
	4	В	-	Components of Fitness and Fitness testing		
	5	Α	-	Components of Fitness and Fitness testing		
	6	В	-	Training principles and Training methods		
	7	Α	-	Training principles and Training methods		
				Half Term		<u>'</u>
Autumn Term 2	1	В	-	SMART Targets and optimising performance		
	2	А	-	SMART Targets and optimising performance		
	3	В	-	SMART Targets and optimising performance		
	4	Α	-	Structure and Function of the respiratory system		
	5	В	-	Structure and Function of the respiratory system		
	6	Α	-	Structure and Function of the respiratory system		
	7	В	-			
				Christmas		
Spring term 1	1	Α	-	Ethics, Values, Drugs in sport		
	2	В	-	Mental preparation techniques, Guidance and feedback		
	3	А	-	Commercialism		
	4	В	-	Commercialism		
	5	Α	-	National Governing Bodies, National organisations		
	6	В	-	National Governing Bodies, National organisations		
				Half Term		
Spring Term 2	1	В	-	Barriers to participation		
	2	Α	-	Characteristics of Skill and Skilful movement.		
	3	В	-	Health, Fitness and Wellbeing		
	4	Α	-	Short and Long Term effects of exercise		
	5	В	-			

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.

dgillard@kingedwardvi.devon.sch.uk