

# Mount St Joseph – A Parent’s Guide to the Curriculum in GCSE PE – KS4 Year 11 2017-18

## SCHEMES OF WORK

Term	Year 11 Theory Content	Year 11 Practical Content
Term 1	<ul style="list-style-type: none"> <li><i>Socio-cultural influences</i></li> </ul>	<ul style="list-style-type: none"> <li><i>Effective use of Warm up and Cool Down.</i></li> <li><i>Classification of skills.</i></li> <li><i>Recap of aerobic and anaerobic fitness.</i></li> <li><i>Reinforce heart rates, training zones, aerobic and anaerobic fitness.</i></li> </ul>
Term 2	<ul style="list-style-type: none"> <li><i>The structure and functions of the musculo-skeletal system.</i></li> </ul>	<ul style="list-style-type: none"> <li><i>Controlled assessments to be carried out and recorded for individual and team sports.</i></li> </ul>
Term 3	<ul style="list-style-type: none"> <li><i>The structure and functions of the cardio-respiratory system.</i></li> </ul>	<ul style="list-style-type: none"> <li><i>Controlled assessments to be carried out and recorded in individual and team sports.</i></li> <li><i>Preparation for Practical exam.</i></li> </ul>
Term 4	<ul style="list-style-type: none"> <li><i>Movement Analysis.</i></li> </ul>	<ul style="list-style-type: none"> <li><i>Controlled assessments to be carried out and recorded for individual and team sports.</i></li> <li><i>Preparation for Practical exam.</i></li> </ul>
Term 5	<ul style="list-style-type: none"> <li><i>Revision prior to exams.</i></li> </ul>	N/A
Term 6	<i>N/A due to completion of course.</i>	

## KEY SKILLS FOR DEVELOPMENT/ASSESSMENT FOCUS

Term	Year 11
Term 1	<i>Socio-cultural influences – Analysing participation rates across different sports. Understanding the relationship between commercialisation and the media. Demonstrate knowledge of the advantages and disadvantages of commercialisation. Identify exemplary sporting behaviour and deviance in sport.</i>
Term 2	<i>The structure and functions of the musculo-skeletal system. – Understanding the three functions of the skeleton. Classification of bones. Classification of joints and types of movement. Classification of muscle types &amp; muscle fibres. Identify location of muscles and antagonistic muscle pairs. Develop knowledge of how the skeletal and muscular system work together in physical activity and sport.</i>
Term 3	<i>The structure and functions of the cardio-respiratory system. Understanding of the functions of the CV system. Structure of the CV system. Structure of blood vessels and mechanisms of blood shunting. Function of blood cells. Vital capacity and tidal volume. Components of respiratory system. Structure of alveoli/gaseous exchange. Develop a knowledge of how the respiratory and CV system work together in physical activity and sport.</i>
Term 4	<i>Movement Analysis. Understanding and identification of first, second and third class levers. Mechanical advantage and disadvantage of</i>

	<i>body's lever systems. Develop knowledge of the different planes and axes of movement.</i>
Term 5	<i>Revision prior to exams – Focus on content from year 10 scheme of work.</i>
Term 6	<i>N/A due to completion of course.</i>

## OTHER INFORMATION/ HOMEWORK / INDEPENDENT STUDY

- Research the participation trends across the UK identifying the most/least popular sports. In addition to identifying trends in participation rates around major sporting events.
- Develop an understanding of the importance of sporting behaviour and deviance in sport, highlighting key examples across different sports.
- Identify the importance of different muscle types and fibres linking to optimum performance.
- Labelling of major muscles in the body and identifying antagonistic muscle pairs.
- Identify and label the structure of the heart.
- Develop the ability to classify different types of movement.
- Confidently be able to analyse sporting scenarios and identify the muscle responsible for movement.
- Define key terms relating to the different body systems such as stroke volume, vital capacity and tidal volume.

*NB: Please log into Show My Homework regularly to check set homework*