

# Year 11 Final Countdown - PE

Subject PE

Class Code - 11B/Pe1 & 11B/Pe2

## Revision Planner-Countdown to the start of Exams

Week Beginning	Topics / Elements	Assessment/ Deadline/Test
Feb 27th	<p><b>Practical Moderation</b></p> <p>Theory Lesson x2  <u>Performance enhancing drugs</u>  <b>Know about different categories of drugs:</b>The effects they may have on health, wellbeing and physical performance and why some performers might risk using them.                      Performance enhancing (anabolic steroids, beta blockers, diuretics, narcotic analgesics, stimulants, peptide hormones – including erythropoietin/EPO)</p> <p><b>Recreational drugs</b> (alcohol, nicotine/smoking)                      Effects of alcohol and smoking/nicotine on blood pressure.                      Effect of smoking/nicotine on the alveoli-gaseous exchange.</p>	External
Mar 6th	<p>Theory lesson x3  <u>Cardiovascular System</u>  <b>Immediate effects (short term effects) of participation in exercise and physical activity</b> - increased heart rate, systolic/diastolic blood pressure, increased blood pressure.</p> <p><b>Effects of regular participation (long-term effects) of participation in exercise and physical activity</b> - cardiac output (HR x SV = CO), decreased resting heart rate, faster recovery, increased stroke volume, increased size of heart, effects on blood pressure, healthy veins and arteries)</p> <p>Rest (rest required for adaptation to take place, time for recovery before next exercise session)                      Diet (effects on blood pressure and cholesterol – HDL and LDL)                      Effects of alcohol and smoking/nicotine on blood pressure.</p>	
Mar 13th	<p>Theory lesson x2  <u>Respiratory System</u>  <b>Immediate and short-term effects of participation in exercise and physical activity</b> - increased breathing rate, increased depth of breathing, oxygen debt.</p> <p><b>Effects of regular participation in (long-term effects) of participation in exercise and physical activity</b> - increased lung capacity/volume and vital capacity.</p> <p>Effect of smoking/nicotine on the alveoli-gaseous exchange.</p>	Completing Spec.
Mar 20th	Theory lesson x3	

	<p><u>Muscular System</u>  <b>Role of muscular system during physical activity</b>  major muscle groups that benefit from particular types of physical activity - deltoid, trapezius, latissimus dorsi, pectorals, biceps, triceps, abdominals, quadriceps, hamstrings, gluteals, gastrocnemius.</p> <p><b>Role of muscles in movement</b>  Antagonist and antagonist pairs  Isometric and isotonic contractions</p>	
Mar 27th	<p>Theory Lesson x2  <u>Muscular system</u>  <b>Immediate (short-term effects) effects of participation in exercise and physical activity</b> - responses, increased fuel/energy demands, lactic acid, muscle fatigue.</p> <p><b>Effects of regular participation (long-term effects) in exercise and physical activity</b> - adaptations – increased strength and size/hypertrophy.</p>	
Apr 3rd	<p>Theory Lesson x3  <u>Injuries</u>  <b>The potential for injuries</b> such as muscle strain and muscle atrophy (due to injury and inactivity),</p> <p><b>Treatment of injuries and techniques.</b></p> <p><b>Other factors related to injury prevention and treatment:</b>  Rest - required for adaptation to take place, time for recovery before next exercise session)  Diet - effects of protein in building and repairing muscles  Performance enhancing drugs (use of steroids to aid muscle building and recovery).</p>	Internal
Apr 10th (Easter)	<p>Personal Revision - Online revision resources -  GCSEPod - Physical Education  Google classroom - Past Papers and mark scheme  Revision guides  Textbooks</p>	
Apr 17th (Easter)	<p>Personal Revision / small group revision</p>	
Apr 24th	<p>Start of lesson Revision.  <b>Topic 1.1.1 Healthy, active lifestyles and how they could benefit you.</b></p>	<p>Class Revision</p> <p>After school  Revision -  Monday</p>
May 1st	<p><b>Topic 1.1.2 Influences on your healthy, active lifestyle</b></p>	<p>Class Revision</p> <p>After school</p>

		Revision - Monday
May 8th	<b>Topic 1.1.3 Exercise and fitness as part of your healthy, active lifestyle</b>	Class Revision  After school Revision - Monday
May 15th	<b>Topic 1.1.4: Physical activity as part of your healthy, active lifestyle</b>	Class Revision  After school Revision - Monday

### Final Assessment Dates

Date	Controlled Assessment or Exam?	Topic/Content/Task	% of Final Mark
1 March	Controlled Assessment	Practical Moderation	40%
2 March	Controlled Assessment	Practical Moderation	40%
19 May	AM Revision Session CS4	Overview of whole Spec	-
19 May	Exam - PM	Theory Paper	50%