

PE - Y11 Revision Plan

- **Unit 1 exam [An intor to PE] – Friday 20th May p.m.**
- **Unit 2 exam [Developing knowledge in PE]– Thursday 26th May p.m.**

| Week: | PE: | |
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| 01/02 | <ul style="list-style-type: none"> • Key Concepts of PE [pages 4-5 answer questions] • Fundamental Motor Skills [page 6-7] Tick contents page when revision complete | |
| 08/02 | <ul style="list-style-type: none"> • Decision making [page 8-9] • Abiding by the rules [page 10-11] • Characteristics of Skilful movement [page 12-13] | |
| 15/02 Half Term | <ul style="list-style-type: none"> • Factors affecting Participation – GCSE PE Bitesize website • Also pages 28-31, 36-43 of Revision Book to help answer test questions | |
| 22/02 | <ul style="list-style-type: none"> • Components of a balanced, healthy lifestyle [page 12-13] • Importance of warm-up and cool-down [page 14-15] | |
| 29/02 | <ul style="list-style-type: none"> • Performance and outcome goals [page 18-19] • Assessing the body's readiness for exercise [page 20-23] | |
| 07/03 | <ul style="list-style-type: none"> • Indicators of health and well-being [page 32-33] • Methods of exercise and training [page 34-35] • Components of a healthy diet and characteristics of healthy lifestyle [page 24-27] | |
| 14/03 | <ul style="list-style-type: none"> • School key processes & influences on participation [page44-45] • Pathways for involvement in Physical activity [page 46-47] | |
| 21/03 | <ul style="list-style-type: none"> • Feedback and motivation - GCSE PE Bitesize website - Also page 50-51 • Learning Skills [page 48-49] • Goal setting [page 52-53] | |
| 28/03 Easter Holiday | <ul style="list-style-type: none"> • Skeletal System, Joints and Injuries – GCSE PE Bitesize website • Also pages 54-57 | |
| 04/04 Easter Holiday | <ul style="list-style-type: none"> • Muscles and Movements, Tendons/effects of lactic acid – GCSE PE Bitesize website • Also pages 58-61 | |
| 11/04 | <ul style="list-style-type: none"> • Mental Preparation [page 62-63] • Effects of exercise - GCSE PE Bitesize website • Also pages 64-67 | |
| 18/04 | <ul style="list-style-type: none"> • Potential Hazards/Reducing the risks [page 72-75] • Local and national provision [page 78-79] • Government initiatives [page 80-81] | |
| 25/04 | <ul style="list-style-type: none"> • Exercise & training principles – GCSE PE Bitesize website • Aerobic/Anaerobic exercise [page 70-71] | |
| 02/05 | <ul style="list-style-type: none"> • Effects of media and sponsorship [page 76-77] • School influences [page 82-83] | |
| 09/05 | <ul style="list-style-type: none"> • Intensive Unit 1 Revision – test yourself on topics you are less comfortable with | |
| 16/05 | Unit 1 exam on 20 th May 2016 | |
| 23/05 | <ul style="list-style-type: none"> • Intensive Unit 2 revision – test yourself on topics you are less comfortable with Unit 2 exam on 26 th May 2016 | |

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| 30/05 Half Term | | |
| 06/06 | | |
| 13/06 | | |
| 20/06 | | |
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