

Curriculum Plan	Subject	GCSE PE- PHYSIOLOGY (PAPER 1)	Year	10
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		W/C 2nd November	W/C 9th November	W/C 16th November
How you will access home learning		The PowerPoint and lesson materials will be available in our Y9 group on Microsoft Teams. You will need access to your PE textbook- either your hard copy or the online version.		
How you be able to interact with your teacher and gain feedback on your work		You will be able to join some lessons via Microsoft Teams, when/ if a large percentage of the class is missing or another 'lockdown' occurs. All lesson content will be on Teams and pinned for the current week to enable easy access. Tasks will be set on SMHE and phone calls home can be arranged via email if a further explanation on lesson content is required. Work will be submitted via the online submission function on SHMW or e mailed as requested. You will receive feedback through the teacher comment box on SHMW or via e mail.		
Retrieval How we will help you to recall previously learnt knowledge		Bones and Identification within the body.	Structure and functions of the skeleton	Muscle location and structure of a synovial joint.
New Learning	What you will be learning about this week	<u>Interpretation of a spirometer trace (3.1.1.2)</u>	<u>3.1.1.3 Anaerobic and aerobic exercise</u> <u>Understanding the terms aerobic exercise (in the presence of oxygen) and anaerobic exercise (in the absence of enough oxygen)</u>	<u>Excess post-exercise oxygen consumption (EPOC)/oxygen debt as the result of muscles respiring anaerobically during vigorous exercise and producing lactic acid AND</u> <u>The recovery process from vigorous exercise</u>
	How we will teach you the new knowledge or ideas	PowerPoint content and teacher led explanations to support you in discussion around spirometry traces.	Teacher led explanation of new knowledge which will be covered in the PowerPoint. Teacher explanation and modelling of effective exam technique when addressing aerobic/ anaerobic exercise in past paper questions.	Teacher led explanation of new knowledge which will be covered in the PowerPoint. Teacher explanation and practical examples of when EPOC occurs.
	Activities that will help you learn and practice what you've been taught	Graphical representation of the spirometry traces - production of revision cards. Tasks that are found within the Hodder textbook, on the PowerPoint past paper questions store on Teams/ placed on SMHW. Production of revision aids whether these be cards, knowledge organisers or A01/AO2/AO3 spider diagrams.	Tasks that are found within the Hodder textbook, on the PowerPoint past paper questions store on Teams/ placed on SMHW. Production of revision aids whether these be cards, knowledge organisers or A01/AO2/AO3 spider diagrams.	Tasks that are found within the Hodder textbook, on the PowerPoint past paper questions store on Teams/ placed on SMHW. Production of revision aids whether these be cards, knowledge organisers or A01/AO2/AO3 spider diagrams.
	What you can do if you are stuck	You can ask any questions during any live lesson through using the chat function on Microsoft Teams OR email OR arranged phonecall. your online Hodder textbook to refer to any previous content. If you have questions in relation to any of the longer style exam questions, you can use the frameworks provided, and modelled explanations, to help you answer the questions. If you need to e-mail me to ask a question, then please attach a copy of the work that you have completed so far, so I can be specific in giving you feedback and help. josullivan@notredame-high.co.uk		

		W/C 23 rd November	W/C 30 th November	W/C 7 th December	W/C 14 th December
How you will access home learning		The PowerPoint and lesson materials will be available in our Y9 group on Microsoft Teams. You will need access to your PE textbook- either your hard copy or the online version.			
How you be able to interact with your teacher and gain feedback on your work		You will be able to join some lessons via Microsoft Teams, when/ if a large percentage of the class is missing or another 'lockdown' occurs. All lesson content will be on Teams and pinned for the current week to enable easy access. Tasks will be set on SMHE and phone calls home can be arranged via email if a further explanation on lesson content is required. Work will be submitted via the online submission function on SHMW or e mailed as requested. You will receive feedback through the teacher comment box on SHMW or via e mail.			
Retrieval How we will help you to recall previously learnt knowledge		Types of movement-definitions and sporting examples.	Pathway of air and gaseous exchange	Blood vessels	Structure of heart
New Learning	What you will be learning about this week	<u>3.1.1.4 The short and long term effects of exercise</u> <u>Immediate effects of exercise (during exercise)</u>	<u>REVISION/ TEST/ CATCH-UP WEEK</u>	Test feedback and: <u>3.1.2 Movement analysis</u> <u>3.1.2.1 Lever systems, examples of their use in activity and the mechanical advantage they provide in movement</u> <u>First, second and third class lever systems within sporting examples</u>	<u>3.1.2 Movement analysis</u> <u>Analysis of basic movements in sporting examples</u>
	How we will teach you the new knowledge or ideas	PowerPoint content and teacher led explanations to support you in discussion around effects of exercise- AO1 points clearly listed on specification, we will develop these into AO2 points through use of textbook and explanation.	Test on Thursday, production of revision aids on Tuesday.	PowerPoint content and teacher led explanations to support you in discussion around levers	PowerPoint content and teacher led explanations to support you in discussion around movement analysis. Part of this will be revising all of the movements we looked at in September but with the addition of levers.
	Activities that will help you learn and practice what you've been taught	Production of table listing the AO1 points in one column with the additional exemplification and importance (AO2) in the second column. Tasks within	Explore different revision techniques. Revision and good old fashioned hard work and dedication, revision with NO distractions!	Tasks that are found within the Hodder textbook, on the PowerPoint past paper questions store on Teams/ placed on SMHW. Production of revision aids whether these be cards, knowledge	Tasks that are found within the Hodder textbook, on the PowerPoint past paper questions store on Teams/ placed on SMHW. Production of revision aids whether these be cards, knowledge

		textbook and past paper questions.		organisers or A01/A02/A03 spider diagrams.	organisers or A01/A02/A03 spider diagrams.
	What you can do if you are stuck	<p>You can ask any questions during any live lesson through using the chat function on Microsoft Teams OR email OR arranged phonecall. your online Hodder textbook to refer to any previous content. If you have questions in relation to any of the longer style exam questions, you can use the frameworks provided, and modelled explanations, to help you answer the questions. If you need to e-mail me to ask a question, then please attach a copy of the work that you have completed so far, so I can be specific in giving you feedback and help. josullivan@notredame-high.co.uk</p>			