

<b>Curriculum Plan</b>	<b>Subject</b>	<b>Physical Education - The cardiovascular system</b>	<b>Year</b>	<b>12</b>
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		<b>W/C 2<sup>nd</sup> November</b>	<b>W/C 9<sup>th</sup> November</b>	<b>W/C 16<sup>th</sup> November</b>
<b>How you will access home learning</b>		The PowerPoint and lesson materials will be available in our Y12 group on Microsoft Teams. You will need access to your PE textbook via Hodder.		
<b>How you be able to interact with your teacher and gain feedback on your work</b>		You will be able to join all lessons via Microsoft Teams. This may be accessing files from Teams with voice over or at times live. This will enable you to listen to teacher delivery, to ask questions, and to complete the same tasks live, as those who are working in the lesson. You can join in with questioning in the lesson using the chat function to check your understanding. 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.		
<b>Retrieval</b> How we will help you to recall previously learnt knowledge		Quick knowledge or the multiple-choice questions on <u>Articulations and the skeletal system</u>	Flash cards on <u>Movement patterns</u>	Short answer questions on <u>Antagonistic muscle actions</u>
<b>New Learning</b>	<b>What you will be learning about this week</b>	Understanding the impact of physical activity and sport on the health of the individual in relation to the heart.	What is cardiovascular drift? The vascular system - the structure and function of blood vessels Venous return and VO <sub>2</sub> diff'	How the cardiovascular system is used as transportation in the body and the o <sub>2</sub> dissociation curve
	<b>How we will teach you the new knowledge or ideas</b>	PowerPoint content and teacher led explanations to support you in discussion around lifestyle choices and what it means to be fit and healthy.	Teacher led explanation of new knowledge which will be covered in the PowerPoint. Teacher explanation and modelling of effective interpretation and explanation of cardiovascular drift data.	Teacher led explanation of new knowledge which will be covered in the PowerPoint. Teacher explanation and modelling of effective interpretation and explanation of dissociation data.
	<b>Activities that will help you learn and practice what you've been taught</b>	Discussion around lifestyle choices and what it means to be fit and healthy. Independent research into how our lifestyle choices can affect the heart.	Annotation of cardiovascular drift graph. Matching exercise of blood vessel structure related to their function. Questions will be set for you to answer in the PowerPoint, around describing and explaining content.	Annotation of oxyhaemoglobin dissociation curve graph and practice exam questions built into knowledge organiser.
	<b>What you can do if you are stuck</b>	You can ask any questions during any live lesson through using the chat function on Microsoft Teams. The Teams lessons will be recorded so you can refer to teacher explanations and listen to them again. Use 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. <a href="mailto:jnicholls@notredame-high.co.uk">jnicholls@notredame-high.co.uk</a>		

		W/C 23 <sup>rd</sup> November	W/C 30 <sup>th</sup> November	W/C 7 <sup>th</sup> December	W/C 14 <sup>th</sup> December
How you will access home learning		The PowerPoint and lesson materials will be available in our Y12 group on Microsoft Teams. You will need access to your PE textbook via Hodder.			
How you be able to interact with your teacher and gain feedback on your work		You will be able to join all lessons via Microsoft Teams. This may be accessing files from Teams with voice over or at times live. This will enable you to listen to teacher delivery, to ask questions, and to complete the same tasks live, as those who are working in the lesson. You can join in with questioning in the lesson using the chat function to check your understanding. 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.			
<b>Retrieval</b> How we will help you to recall previously learnt knowledge		Multiple-choice questions on <u>Axis and planes</u>	Multiple-choice questions on <u>Muscle contractions</u>	Labelling and annotation of <u>The path of blood through the body</u>	Identification of <u>heart rate graphs and the effect of exercise.</u>
<b>New Learning</b>	What you will be learning about this week	How we control and redistribution blood flow around the body at rest and during exercise.	How do we breathe and how is this changes during exercise. Ling volumes, spirometer traces and minute ventilation	Gaseous exchange and partial pressure Regulation of pulmonary ventilation during exercise.	Understanding the impact of poor lifestyle choices on the respiratory system  <b>Exam</b>
	How we will teach you the new knowledge or ideas	Presentation of data to explore blood redistribution in the body during exercise. PowerPoint content and teacher led explanations of the mechanisms which enable this redistribution.	PowerPoint content and teacher led explanations to support you in new knowledge regarding how we breathe and how exercise affects this.	PowerPoint content and teacher led explanations to support you in new knowledge on the theory of partial pressure and how the body assists the increase in breathing rate during exercise.	PowerPoint content and teacher led explanations to support you in discussion around lifestyle choices and what it means to be fit and healthy.
	Activities that will help you learn and practice what you've been taught	Linking structure and function of blood vessel knowledge to redistribution. Creation of stock answer for exemplar exam question regarding the above content.	Relating the above knowledge to sporting scenarios and exam questions. Analysis, annotation and explanation of a spirometer trace.	Development of scaffold to answer partial pressure questions regarding gas exchange and practice of these.	Filling in a partially completed mind map on poor lifestyle choices and they affect the respiratory system.
	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. The Teams lessons will be recorded so you can refer to teacher explanations and listen to them again. Use 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. <a href="mailto:jnicholls@notredame-high.co.uk">jnicholls@notredame-high.co.uk</a>			