

Curriculum Plan	Subject	Physical Education - Preparation and training methods in relation to maintaining physical activity and performance	Year	12
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		W/C 10 th January	W/C 17 th January	W/C 24 th January
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.		
Retrieval How we will help you to recall previously learnt knowledge			Quick knowledge or multiple-choice questions on the cardiovascular system	Short answer questions on the respiratory system
New Learning	What you will be learning about this week	Understand the exercise-related function of food classes.	Understanding the Positive and negative effects of dietary supplements/manipulation on the performer. Understanding of the key terms relating to laboratory conditions and field tests and the components of fitness that they relate to.	Understand the components of fitness and the Physiological effects and benefits of a warm-up and cool down. To include stretching for different types of physical activity (static and ballistic).
	How we will teach you the new knowledge or ideas	Individual research and production of revision resources regarding Carbohydrate. Fibre. Fat (saturated fat, trans fat and cholesterol), protein, vitamins (C,D, B-12, B-complex), minerals (sodium, iron, calcium), water (hydration before, during and after physical activity).	Teacher led explanation of new knowledge which will be covered in the PowerPoint. We will look at the effects of Creatine, sodium bicarbonate, caffeine and Glycogen loading on performers. Teacher led explanation of key terms relating to fitness testing to include - Quantitative and qualitative. Objective and subjective. Validity and reliability	Teacher led explanation of 'fitness' and how to prepare to undertake training in relation to improve it. Students application of knowledge to produce warm up for a specific activity.
	Activities that will help you learn and practice what you've been taught	Explanations and class discussions Short answer tests/quizzes Filling gaps and summary tasks Application of knowledge to scenarios.	Independent research tasks Completing case study examples Short video's on current work being done Low stakes quizzes and tasks	Creating information maps Short answer quizzes and activities PPQ's Production of own examples related to content.
	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. 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. You can e-mail me to ask any questions jnicholls@notredame-high.co.uk		

How you will access home learning		W/C 31 st January	W/C 7 th February	
How you be able to interact with your teacher and gain feedback on your work		<p>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.</p> <p>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.</p>		
Retrieval How we will help you to recall previously learnt knowledge		True/False questions on the exercise-related function of food classes.	Short answer questions on movement.	
New Learning	What you will be learning about this week	Understanding the principles of training and how to apply the principles of periodisation. To include - Specificity, progressive overload, reversibility, recovery, Frequency Intensity Time Type of Training (FITT) principles Macro cycle, Meso cycle, Micro cycle. Preparation, competition, transition. Tapering, peaking.	Understand the different types of Training methods and how they improve physical fitness and health. To include HIIT/interval training (anaerobic power). Continuous training (aerobic power). Fartlek (aerobic power). Circuit training (muscular endurance). Weight training (strength). Proprioceptive Neuromuscular Facilitation (PNF) (flexibility).	
	How we will teach you the new knowledge or ideas	Teacher led delivery of new knowledge and student application to an activity of their own choice.	PowerPoint content and teacher led explanations to support you in new knowledge regarding the various different types of training and the effects that they have on the components of fitness. Students will take part as far as possible in experiencing the different types.	
	Activities that will help you learn and practice what you've been taught	<p>Explanations and class discussions</p> <p>Short answer tests/quizzes</p> <p>Filling gaps and summary tasks</p> <p>Application of knowledge to scenarios.</p>	<p>Independent research tasks</p> <p>Completing case study examples</p> <p>Short video's on current work being done</p> <p>Low stakes quizzes and tasks</p>	<p>Creating information maps</p> <p>Short answer quizzes and activities</p> <p>PPQ's</p> <p>Production of own examples related to content.</p>
	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. 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. You can e-mail me to ask any questions jnicholls@notredame-high.co.uk</p>		