

Curriculum Plan		Subject	GCSE PE	Year	10 MS-PE1
Spring 2		W/C 10 th Jan		W/C 17 th Jan	
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. All lessons Live on Team until our return.			
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		Definitions of health and fitness. Exploring the different components of health- in the MS 'Groups' function.	Reasons for and against fitness testing- in the MS Teams 'Chat' function.	The components of fitness and fitness tests- 'Form' starter questions based upon: • strength (maximal, static, dynamic and explosive)	
New Learning	What you will be learning about this week	Key principles of training. SPORT to include: • specificity, progressive overload, reversibility and tedium. Key principles of overload. FITT to include: • frequency, intensity time and type.	TRAINING METHODS: - Circuit training - Continuous training - Fartlek training The advantages and disadvantages (the effects on the body) of each type of training method stated above.	TRAINING METHODS: - Interval training/high intensity interval training - Static - Weight training - Plyometric training The advantages and disadvantages (the effects on the body) of each type of training method stated above.	
	How we will teach you the new knowledge or ideas	Teacher led explanation of new knowledge which will be covered in the PowerPoint. Teacher explanation and modelling of effective exam technique when addressing the principles of training.	Teacher led explanation of new knowledge which will be covered in the PowerPoint and live on Teams. Teacher explanation and modelling of effective exam technique when addressing the different training methods.	Teacher led explanation of new knowledge which will be covered in the PowerPoint and live on Teams. Teacher explanation and modelling of effective exam technique when addressing the different training methods.	
	Activities that will help you learn and practice what you've been taught	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 31 st Jan	W/C 7 th Feb	
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Retrieval How we will help you to recall previously learnt knowledge		The components of fitness and fitness tests- 'Form' starter questions based upon: • agility • balance • cardiovascular endurance (aerobic power)	The components of fitness and fitness tests- 'Form' starter questions based upon: • coordination • flexibility • muscular endurance	
New Learning	What you will be learning about this week	<u>Identification of the advantages and disadvantages (the effects on the body) of training types linked to specific aims</u> -The advantages and disadvantages (the effects on the body) of each type of training methods. -Applicatgion of different training methods and make links to sporting activity, eg continuous training is fully appropriate to marathon runners.	<u>3.1.3.4 How to optimise training and prevent injury Calculating intensities to optimise training effectiveness</u> To include training zones, intensities and thresholds.	
	How we will teach you the new knowledge or ideas	Past paper questions and 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	Past paper questions and 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	
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