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| Curriculum Plan | Subject | Physical Education - Biomechanics | Year | 12 |
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| | | W/C 10th Jan | W/C 17th Jan | W/C 21st Jan |
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| 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 some lessons via Microsoft Teams. 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 | | Conservation of angular momentum during flight, moment of inertia and its relationship with angular velocity. | Flash cards on <u>stability</u> | Short answer questions on <u>distance and speed</u> |
| New Learning | What you will be learning about this week | <u>3.2.2.4- Angular Motion Application of Newton's laws to angular motion.</u> | Definitions and units for angular motion. | <u>ASSESSMENT WEEK- ANGULAR MOTION</u> |
| | How we will teach you the new knowledge or ideas | PowerPoint content and teacher led explanations to support you in discussion around levers | Teacher led explanation of new knowledge which will be covered in the PowerPoint. Teacher explanation and modelling of effective exam technique when addressing levers in past paper questions. | Test |
| | Activities that will help you learn and practice what you've been taught | Diagrammatic representation of the levers. 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 AO1/AO2/AO3 spider diagrams. | Reproduction of the mechanical advantage and disadvantage table from the textbook. 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 AO1/AO2/AO3 spider diagrams. | Revision of all angular work- production of revision aids, AO1/2/3 diagrams, use of mark schemes to revise, past paper questions, flash cards. |
| | 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 28 th Jan | W/C 4 th Feb | | |
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| 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 some lessons via Microsoft Teams. 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 | | Multiple-choice questions on mechanical advantages and disadvantage of levers | Multiple-choice questions on Newton's Laws application | Labelling and annotation of the 3 levers | |
| New Learning | What you will be learning about this week | 3.2.2.6- Fluid Mechanics Dynamic fluid force. | Factors that reduce and increase drag and their application to sporting situations. | The Bernoulli principle applied to sporting situations. | |
| | How we will teach you the new knowledge or ideas | PowerPoint content and teacher led explanations to support you in discussion around levers. Book led lesson working through the different vectors and scalars. | PowerPoint content and teacher led explanations to support you in discussion around levers. Book led lesson working through the different vectors and scalars. | Use of textbooks to examine the different graphs and how they are applicable to sporting situations. Upward lift force (discus). Downward lift force (speed skiers, cyclists, racing cars). | |
| | 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. | Graphical representation of different scalars and vectors- - 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. | ! |
| | 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 | | | |