

# Medium Term Plan



[GCSE PE New Spec] – [9]

Unit	Duration (lessons)	Learning Objectives/Outcomes
Skeletal System	7	<ul style="list-style-type: none"> <li>To introduce the pupils to labelling the skeletal system.</li> <li>To introduce pupils to the function of the bones</li> <li>To introduce to the vertebral column.</li> <li>To understand the definition of a joint</li> <li>To identify the three types of synovial joints.</li> <li>To understand the process of development from cartilage to bone.</li> <li>End of unit assessment.</li> </ul>
Optimising Performance	6	<ul style="list-style-type: none"> <li>Pupils to discuss about risk, how to assess it and how to prevent / reduce it.</li> <li>To understand competition grading and how it is used to balance competition.</li> <li>To understand what soft tissue injuries are and give examples.</li> <li>To understand how soft tissue injuries are caused and treated.</li> <li>To understand the differences between sprains and strains?</li> <li>Pupils to extend knowledge on types of soft tissue injuries.</li> <li>Identify hard tissue injuries and how they may be treated.</li> <li>Look at different types of fractures.</li> <li>Pupils to understand various medical conditions.</li> <li>Pupils to learn how to deal with an unconscious casualty.</li> </ul>
Muscular System	6	<ul style="list-style-type: none"> <li>Pupils to be introduced to the main muscles of the muscular system.</li> <li>Pupils to understand the function of each of these muscles.</li> <li>Pupils to revisit the functions of the muscles and to assess understanding.</li> <li>Pupils to understand that there are three types of muscles.</li> <li>Pupils to understand the term Insertion and Origin.</li> <li>Pupils to understand the relationship of the muscle and bone.</li> <li>Pupils to consider why muscles work in pairs.</li> <li>Pupils to look at muscle fibres and understand how each type is relevant to sporting actions.</li> <li>Pupils should be introduced to key definitions.</li> <li>Pupils to be assessed on their knowledge of the Muscular system.</li> </ul>
Training methods / principles	8	<ul style="list-style-type: none"> <li>Pupils to review of examination technique.</li> <li>Pupils to peer / self-assess knowledge and understanding on work covered to date.</li> <li>Pupils to be introduced to the Principles and Methods of Training method.</li> <li>Introduction to principles of training, defining each component and their meaning.</li> <li>Pupils to develop understanding of progression and overload.</li> <li>Pupils to be introduced to training threshold.</li> <li>Pupils to interpret data and draw their own threshold.</li> <li>To identify the link between training threshold and Overload.</li> <li>Pupils should be able to calculate their own training threshold using the accepted formula.</li> <li>Pupils should understand the term intensity and how this can be increased using the FITT principle.</li> </ul>
Cardiovascular System	8	<ul style="list-style-type: none"> <li>Pupils to be introduced to the function of the circulatory system.</li> <li>Pupils should be able to identify the components of the heart.</li> <li>Pupils should be able to identify the passage of blood through the heart.</li> <li>Recap on passage of blood through the heart and components of the</li> </ul>

		<p>heart.</p> <ul style="list-style-type: none"> <li>•Discuss the terms double pump and Double circulatory system.</li> <li>•Describe the effects of exercise on the heart.</li> <li>•Pupils should understand the term cardiac output, Stroke volume and heart rate.</li> </ul>

## [GCSE PE] – [10]

<b>Unit</b>	<b>Duration (lessons)</b>	<b>Learning Objectives/Outcomes</b>
Training methods / principles	8	<ul style="list-style-type: none"> <li>•Pupils to review of examination technique.</li> <li>•Pupils to peer / self-assess knowledge and understanding on work covered to date.</li> <li>•Pupils to be introduced to the Principles and Methods of Training method.</li> <li>•Introduction to principles of training, defining each component and their meaning.</li> <li>•Pupils to develop understanding of progression and overload.</li> <li>•Pupils to be introduced to training threshold.</li> <li>•Pupils to interpret data and draw their own threshold.</li> <li>•To identify the link between training threshold and Overload.</li> </ul>
PEP Planning and Creation	9	<ul style="list-style-type: none"> <li>•Pupils to create 6 week training plan under controlled conditions.</li> <li>-Taking into account previous work on Principles / methods.</li> </ul>
Healthy Mind and Body	8	<ul style="list-style-type: none"> <li>•Students to be able to identify benefits of training and exercise in sport.</li> <li>•Discover influences on taking part in sport and identify the factors behind this.</li> <li>•Identify reasons that people may take part in sport.</li> <li>•Exe roles other than performer in sport and reasons people may take these roles.</li> <li>•Pupils to be introduced to training threshold.</li> <li>-Identify participation initiatives and those who would be targeted by organisation</li> </ul>
Somatotyping / Well Being and Diet	8	<ul style="list-style-type: none"> <li>•Pupils to identify the term somatotypes and assign characteristics to each body type.</li> <li>-To link somatotype to performance in different sporting events</li> <li>•Pupils to understand the relationship between energy intake and expenditure.</li> <li>•Pupils to understand how this affects performance.</li> <li>•Look at the seven components of a balanced diet.</li> <li>•Pupils should be able to identify the food sources, main functions and the aid to the sports person.</li> </ul>

## [GCSE PE] – [11]

<b>Unit</b>	<b>Duration (lessons)</b>	<b>Learning Objectives/Outcomes</b>
Training methods / principles	8	<ul style="list-style-type: none"> <li>•Pupils to review of examination technique.</li> <li>•Pupils to peer / self-assess knowledge and understanding on work covered to date.</li> <li>•Pupils to be introduced to the Principles and Methods of Training method.</li> <li>•Introduction to principles of training, defining each component and their</li> </ul>

		<p>meaning.</p> <ul style="list-style-type: none"> <li>•Pupils to develop understanding of progression and overload.</li> <li>•Pupils to be introduced to training threshold.</li> <li>•Pupils to interpret data and draw their own threshold.</li> <li>•To identify the link between training threshold and Overload.</li> </ul>
A of P Coursework Assignment	9	<ul style="list-style-type: none"> <li>•Pupils to create 6 week training plan under controlled conditions.</li> <li>-Taking into account previous work on Principles / methods.</li> <li>-Students to be able to analyse tactics and individual skill to identify strengths and weaknesses.</li> </ul>
Risk Assessment	3	<ul style="list-style-type: none"> <li>•Students to become aware of safety issues that affect sports coaching and delivery.</li> <li>•Suggest methods and practises to reduce risk within sport.</li> <li>•Link risks with particular sport and suggest ways of limiting</li> <li>•Link risk assessment to training – in particular warm-up / cool down</li> </ul>
Revision	12	<p>Revise and recap all elements of theory course. Lesson provided on the shared area for all staff.</p>