



Year 11 Physical Education (PE) - Knowledge Overview – Spring 1

*Start your home learning at lesson 1 regardless of the date of your absence and then continue to complete 2 lessons (2 hours) per week until you return to school. If you

Week Commencing 4.1.21 to 8.02.21 (12 PE Lessons in Total)						
Lesson focus	Number of PE lessons missed due to absence	Pupils should be able to:	Online learning resources	Offline learning resources	Key vocabulary	
Training diary preparation	PE Lesson 1	<ul style="list-style-type: none"> -To understand the importance of aerobic and muscular endurance. -To understand heart rate and be able to calculate resting and working heart rate. -To understand training thresholds and be able to calculate the maximum heart rate and aerobic training zone. -To understand circuit training design and create an effective circuit. 	Check on Microsoft Teams (<u>Year 11 PE Team</u>) for resources prepared by your PE teacher.	Carefully read and complete the tasks in Section 1 in the offline resource pack.	Muscular endurance Aerobic endurance Intensity Technique Circuit Radial Carotid Fatigue Progressive overload Fartlek Continuous	
	PE Lesson 2					
Exercise at high intensity with the intention to improve physical fitness and reflect and track progress.	PE Lesson 3	<ul style="list-style-type: none"> -To understand 2 forms of aerobic training: continuous and Fartlek. -To demonstrate exercising at high intensity with the intention to improve physical fitness. -To demonstrate accurate technique whilst performing exercise at high intensity. -To apply the FITT principle to training in order to apply progressive overload and improve fitness. -To reflect on exercise and track progress. 		For every PE Lesson you miss due to absence please complete 1 session of your fitness circuit and 1 form of continuous or fartlek training and complete 1 training diary log (section 2 of the offline resource pack).		Complete section 3 of the offline resource pack
	PE Lesson 4					
	PE Lesson 5					
	PE Lesson 6					
	PE Lesson 7					
	PE Lesson 8					
	PE Lesson 9					
	PE Lesson 10					
	PE Lesson 11					
PE Lesson 12	<ul style="list-style-type: none"> -Take a fitness instructor role and lead a safe and effective fitness circuit to a member of your household. 					

return to school and then become absent from school again, please pick up from where you left off in your first period of absence.

*When absent from school please follow your school timetable. When you are timetabled PE please complete the tasks below. You have 2 hours of PE a week.