



## Year 11 Physical Education (PE) – Spring Term 2 – Knowledge Overview

### Week Commencing 22.2.21 to 26.03.21 (10 PE Lessons in Total)

Lesson focus	PE Lesson	Pupils should be able to:	Online learning resources	Offline learning resources	Key vocabulary
Physical fitness/skills/mental well-being	PE Lesson 1 24/2/21	- To trial various accessible physical activities that will promote lifelong physical activity for students after their high school careers.	View and pick a practical activity from the options prepared by your PE teacher on teams.	View and pick a practical activity from the options prepared by your PE teacher in the work pack.	Technique, mental health, physical fitness, lifelong participation
Aims, objectives, goals	PE Lesson 2 25/2/21	- To understand how to set appropriate aims, objectives and goals for personal fitness.	Check on Microsoft Teams ( <a href="#">Year 11 PE Team</a> ) for resources prepared by your PE teacher.	Read through and complete tasks for Section 1 of the PE work booklet.	SMARTER targets, motivation, components of fitness
Physical fitness/skills/mental well-being	PE Lesson 3 3/3/21	- To trial various accessible physical activities that will promote lifelong physical activity for students after their high school careers.	View and pick a practical activity from the options prepared by your PE teacher on teams.	View and pick a practical activity from the options prepared by your PE teacher in the work pack.	Technique, mental health, physical fitness, lifelong participation
Physical Activity Readiness Questionnaire	PE Lesson 4 4/3/21	- To understand how to create a suitable medical questionnaire to ensure safe physical activity	Check on Microsoft Teams ( <a href="#">Year 11 PE Team</a> ) for resources prepared by your PE teacher.	Read through and complete tasks for Section 2 of the PE work booklet.	Confidentiality, allergy, medical, PARQ, condition, acute, chronic
Physical fitness/skills/mental well-being	PE Lesson 5 10/3/21	- To trial various accessible physical activities that will promote lifelong physical activity for students after their high school careers.	View and pick a practical activity from the options prepared by your PE teacher on teams.	View and pick a practical activity from the options prepared by your PE teacher in the work pack.	Technique, mental health, physical fitness, lifelong participation
Musculoskeletal system	PE Lesson 6 11/3/21	- To understand the functions and features of the muscular and skeletal systems. To understand the short term effects of exercise on the musculoskeletal system.	Check on Microsoft Teams ( <a href="#">Year 11 PE Team</a> ) for resources prepared by your PE teacher.	Read through and complete tasks for Section 3 of the PE work booklet.	Posture. Movement, muscular, skeletal, protection, scapula, patella, external oblique, latissimus dorsi
Physical fitness/skills/mental well-being	PE Lesson 7 17/3/21	- To trial various accessible physical activities that will promote lifelong physical activity for students after their high school careers.	View and pick a practical activity from the options prepared by your PE teacher on teams.	View and pick a practical activity from the options prepared by your PE teacher in the work pack.	Technique, mental health, physical fitness, lifelong participation
Synovial joints	PE Lesson 8 18/3/21	- To understand the functions and features of the synovial joints in the body.	Check on Microsoft Teams ( <a href="#">Year 11 PE Team</a> ) for resources prepared by your PE teacher.	Read through and complete tasks for Section 4 of the PE work booklet.	Ball and socket, hinge, flexion, extension, adduction, abduction, circumduction, rotation, cartilage, synovial fluid, tendon, ligament
Physical fitness/skills/mental well-being	PE Lesson 9 24/3/21	- To trial various accessible physical activities that will promote lifelong physical activity for students after their high school careers.	View and pick a practical activity from the options prepared by your PE teacher on teams.	View and pick a practical activity from the options prepared by your PE teacher in the work pack.	Technique, mental health, physical fitness, lifelong participation
Cardiorespiratory system	PE Lesson 10 25/3/21	- To understand the functions and features of the cardiovascular and respiratory systems. To understand the short term effects of exercise on the cardiorespiratory system.	Check on Microsoft Teams ( <a href="#">Year 11 PE Team</a> ) for resources prepared by your PE teacher.	Read through and complete tasks for Section 5 of the PE work booklet.	Oxygenated, deoxygenated, vena cava, aorta, pulmonary, tidal volume, cardiac output