



Year 11 Physical Education (PE) – Summer Term 1 – KNOWLEDGE ORGANISER

Week Commencing	Week Commencing 12.4.21 to 24.05.21				
	Pupils should be able to:		Wellbeing Focus	Online learning resources	Offline Learning resources
	Lesson 1	Lesson 2			
12/4/21	Aims, objectives, goals - To understand how to set appropriate aims, objectives and goals for personal fitness. Key vocabulary: SMARTER targets, motivation, components of fitness	- To trial various accessible physical activities that will promote lifelong physical activity for students after their high school careers.	Explore strategies for improving mood	Check on Microsoft Teams for resources prepared by your PE teacher.	Some elements of the lessons are practical and will require clothes and footwear appropriate for physical activity.
19/4/21	Physical Activity Readiness Questionnaire - To understand how to create a suitable medical questionnaire to ensure safe physical activity. Key vocabulary: Confidentiality, allergy, medical, PARQ, condition, acute, chronic	- To trial various accessible physical activities that will promote lifelong physical activity for students after their high school careers.	Explore strategies for developing body image.	Check on Microsoft Teams for resources prepared by your PE teacher.	Some elements of the lessons are practical and will require clothes and footwear appropriate for physical activity..
26/4/21	Musculoskeletal system - To understand the functions and features of the muscular and skeletal systems. To understand the short term effects of exercise on the musculoskeletal system. Key vocabulary: Posture. Movement, muscular, skeletal, protection, scapula, patella, external oblique, latissimus dorsi	- To trial various accessible physical activities that will promote lifelong physical activity for students after their high school careers.	Explore strategies for improving mood	Check on Microsoft Teams for resources prepared by your PE teacher.	Some elements of the lessons are practical and will require clothes and footwear appropriate for physical activity.
3/5/21	Synovial joints - To understand the functions and features of the synovial joints in the body. Key vocabulary: Ball and socket, hinge, flexion, extension, adduction, abduction, circumduction, rotation, cartilage, synovial fluid, tendon, ligament	- To trial various accessible physical activities that will promote lifelong physical activity for students after their high school careers.	Explore strategies for developing body image.	Check on Microsoft Teams for resources prepared by your PE teacher.	Some elements of the lessons are practical and will require clothes and footwear appropriate for physical activity.
10/5/21	Cardiorespiratory system - To understand the functions and features of the cardiovascular and respiratory systems. Key vocabulary: Oxygenated, deoxygenated, vena cava, aorta, pulmonary, tidal volume, cardiac output.	- To trial various accessible physical activities that will promote lifelong physical activity for students after their high school careers.	Explore strategies for developing body image.	Check on Microsoft Teams for resources prepared by your PE teacher.	Some elements of the lessons are practical and will require clothes and footwear appropriate for physical activity.



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17/5/21	Cardiorespiratory system - To understand the short term effects of exercise on the cardiorespiratory system. Key vocabulary: Oxygenated, deoxygenated, vena cava, aorta, pulmonary, tidal volume, cardiac output.	- To trial various accessible physical activities that will promote lifelong physical activity for students after their high school careers.	Explore strategies for developing body image.	Check on Microsoft Teams for resources prepared by your PE teacher.	Some elements of the lessons are practical and will require clothes and footwear appropriate for physical activity.
24/5/21	Training Program - To apply the 7 principles of training and design an effective 6-week training programme. Key vocabulary: Progressive overload, adaptation, reversibility, specificity.	- To trial various accessible physical activities that will promote lifelong physical activity for students after their high school careers.	Explore strategies for developing body image.	Check on Microsoft Teams for resources prepared by your PE teacher.	Some elements of the lessons are practical and will require clothes and footwear appropriate for physical activity.