



Y11 PE - CURRICULUM PLANNING SEQUENCE

Subject	Year	Term	Topics	Subject learning checklist
GCSE PE	Year 11	Term 1 - 35hrs	Completion of PEP evaluation	Completion of PEP evaluation
			Physical Training	3.5.2 Injury prevention 3.5.3 Injuries that can occur in physical activity and sport 3.5.4 RICE 3.5.5 Performance-enhancing drugs 3.6.1 The purpose and importance of warm-ups and cool downs
		Term 2 - 30 hours	Applied Anatomy and Physiology	1.1.1 The functions of the skeleton applied to performance in physical activities and sports 1.1.2 Classification of bones 1.1.3 Structure of bones and vertebral column 1.1.4 Classification of joints 1.1.5 Movement possibilities at joints dependant on joint classification 1.1.6 The role of ligaments and tendons 1.1.7 Classification and characteristics of muscle types 1.1.8 Location and role of the voluntary muscular system 1.1.9 Antagonistic pairs of muscles 1.1.10 Characteristics of fast and slow twitch muscle fibre types 1.1.11 How the skeletal and muscular systems work together 1.2.1 Functions of the cardiovascular system 1.2.2 Structure of the cardiovascular system 1.2.3 Structure of arteries, capillaries and veins 1.2.4 The mechanisms required (vasoconstriction, vasodilation) and the need for redistribution of blood flow 1.2.5 Function and importance of red and white blood cells 1.2.6 Composition of inhaled and exhaled air 1.2.7 Vital capacity and tidal volume, and change in tidal volume due to physical activity and sport 1.2.8 Location of main components of respiratory system 1.2.9 Structure of alveoli to enable gas exchange 1.2.10 How the cardiovascular and respiratory systems work together 1.3.1 Anaerobic and Aerobic exercise 1.3.2 Energy sources 1.4.1 - 1.4.6 Short and Long term effects on body systems
			Movement Analysis	2.1.1 First, second and third class levers and their use in physical activity and sport 2.1.2 Mechanical advantage and disadvantage 2.2.1 - 2.2.4 Movement patterns using body planes and axes