

YEAR 11 OVERVIEW PE

AUTUMN TERM 1							
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	
04.09.17	11.09.17	18.09.17	25.09.17	02.10.17	09.10.17	16.10.17	
Principles of training	<u>Optimising training</u>	<u>Optimising training</u>	<u>Optimising training</u>	<u>Optimising training</u>	EoU Test	TRIM	
Characteristics of skilful movement	Characteristics of skilful movement	Classification of skills	Classification of skills	Goal setting	EoU Test	TRIM	
			Assessment				
AUTUMN TERM 2							
Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15
30.10.17	06.11.17	13.11.17	20.11.17	27.11.17	04.12.17	11.12.17	18.11.17
Exam revision			TRIM	<u>Key components of a warm up</u>	Know physical benefits of warming up	<u>Understand key components of cool down, apply examples</u>	<u>Understand key components of cool down, apply examples</u>
Exam revision			TRIM	Mental Preparation	Types of guidance	Health fitness and well being – physical	Social and Emotional
	PPE 1 Window	PPE 1 Window	Data & Reports				
SPRING TERM 1							
Week 16	Week 17	Week 18	Week 19	Week 20			
08.01.18	15.01.18	22.01.18	29.01.18	05.02.18			
Know the physical benefits of a cool down	Prevention of injury	Revision cards	EoU Test	TRIM			
Responding to data	Components of a balanced diet	Energy use and application to sport	EoU Test	TRIM			
SPRING 2							
Week 21	Week 22	Week 23	Week 24	Week 25	Week 26		
19.02.18	26.02.18	05.03.18	12.03.18	19.03.18	26.03.18		
Exam revision	Exam revision	Exam revision	Preparation for practical moderation	Preparation for practical moderation	Preparation for practical moderation		
WTM Window	PPE 2 Window	PPE2 Window	PPE2 Data				

SUMMER TERM 1						
Week 27	Week 28	Week 30	Week 31	Week 32	Week 33	
16.04.18	23.04.28	30.04.28	07.05.18	14.05.18	21.05.18	
Exam Revision	Exam Revision	Exam Revision	Exam Revision	GCSE Window	GCSE Window	
SUMMER TERM 2						
Week 34	Week 35	Week 36	Week 37	Week 38	Week 39	Week 40
04.06.18	11.06.18	18.06.18	25.06.18	02.07.18	09.07.18	16.07.19
GCSE Window	GCSE Window	GCSE Window	GCSE Window			