

Physical Education Department
GCSE PE Scheme of Learning 2009-2010

Edexcel 2PE01

Week	Topic	Learning Objectives	Teaching/Learning Activities	Assessment for Learning	PLTS/SfS Other Opportunities	
1-3	Reasons for taking part in activity	Develop knowledge of social, physical and mental reasons for taking part in sport. Influences that contribute to sporting participation.	Role model study/poster Discuss physical needs of different people; elite, students, business, women, men. Culture, media, gender, disabilities, race etc. Talk given by SScO on how the new initiatives should impact on young people.	Reasons for taking part AfL Poster creation	Independent Enquirers	
4-8	Components of Fitness	Sports fitness testing. Understand how to conduct and participate in fitness tests Develop knowledge of skill and health related fitness and the sports they link to. Difference between health and fitness.	Illinois Agility Run Stork Stand Ruler Drop 12 min Run Multi Stage Fitness Test 1 Rep Max Wall Toss Sergeant Jump Analyse individual strengths and weaknesses. ABC PRS	BMI Sit and Reach T - Test Broad Jump	Components of Fitness AfL Fitness testing analysis sheet Conduction and participation in all tests. Fitness competition.	Effective Participators Reflective Learners Team Workers
1 - 8	Personal Survival/Swimming	Develop water skills in both areas.	HELP/Huddle/Straddle Jump/100m swim/Treading water 4 x strokes/Starts/Turns	Practical Assessment Sheets Pupils can self assess using converted sheets. Video analysis of techniques	Reflective Learners	
9-12	Methods of Training	Develop knowledge of all types of training:- Fartlek, circuit, continuous, interval, resistance.	Example session of each type of training Development of a mini personal exercise programme (PEP), preparation for coursework. Exploration on how each method affects different components of fitness (linked to previous unit). Calculating target zones from maximum heart rates.	Mini PEP assessed Methods of training AfL	Reflective Learners Team workers Self managers	
9-13	Fitness	Various different fitness methods (linked with theory) plus exercise to music. Develop knowledge of effects of exercise on the body. Concepts behind warm up and cool down.	Fartlek, circuit, continuous, interval, resistance, aerobics, body pump, aerobic and anaerobic exercise. 12 min run/weight session. Conduct active sessions to explore effect on the body- what happens to my heart rate/breathing rate/skin/body temperature.	Practical Assessment Sheets. Pupils can self assess using converted sheets,	Reflective Learners	

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13-20	Principles of Training	Expand on knowledge of conducting a PEP, introduce all principles of training.	Specificity, Progression, Overload, Reversibility, Tedium, Moderation. Link with practical lesson to conduct personal exercise programme.	Centre Assessed coursework Principles of training AfL	Independent enquirers Creative thinkers Reflective Learners
13-20	PEP (Coursework)	Individualised PEP for 1 of the 4 chosen practical sports.	6 week programme to be planned and conducted. Must show 2 methods of training and all principles. Heart rates and graphs of work rate and recovery to be shown. Evaluations of each session to be completed.	Conduction of sessions and PEP sheets to be marked.	Independent enquirers Reflective learners
21-28	Double Practical Athletics Rounders	Visit all athletic events Cover rules and tactics in rounders. Full match play of all playing and officiating roles.	Athletics – lower school lessons to compete in all athletic events, one throw, jump and run to be taken forward for final assessment. 100m/200m/800m/1500m Shot/Discus/Javelin Long jump/Triple jump/High jump Rounders – Batting/Fielding Full game assessments including scoring/umpiring and playing	Final assessment day at Exeter Arena. Video analysis of techniques Practical Assessment Sheets. Pupils can self assess using converted sheets.	Reflective Learners Team workers Self managers
28-30	Drugs	Explore effects and concepts behind drug taking. Discuss case studies of drug takers in sporting situations/media.	Discuss effects of drugs – physical/mental and social changes. Reasons for taking drugs for differing sports. Investigation on a drugs scandal seen in the media. Investigation into side effects of drug taking for men and women. Class discussion 'should drugs be allowed in sport for everyone?'	Investigation on drugs assessed. Drugs AfL sheet.	Independent enquirers Creative thinkers Reflective Learners
28-33	Revisit Swimming and Personal Survival	Reassess scores from September	Revisit all skills covered in assessment criteria	Targets set for improvement from September. Final practical assessment Practical Assessment Sheets. Pupils can self assess using converted sheets.	Reflective Learners Team workers

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30-33	Sports Injuries	All injuries and treatments to be explored. Knowledge of specific treatments and emergency first aid.	Specific injuries and treatments; breaks/dislocations/concussion/soft tissue injuries. R.I.C.E – D.R A.B.C Use resuscitation dolls to show emergency first aid. Practical scenarios set up for pupils to respond to	Mark work on specific injuries. Assess practical response to injured players. Injuries AfL sheet.	Creative thinkers Independent enquirers.
34-39	Trampolining Badminton	Cover all core skills	Trampolining – twists/jumps/drops/somersaults Badminton – service/net play/smash/drop/clear Practical exercises and progressions	Practical Assessment Sheets. Pupils can self assess using converted sheets. Pupils to analyse each other. Video analysis of techniques	Reflective Learners Team workers
34-39	Diet, Health and Hygiene	Links between exercise, diet, work and rest. What constitutes a balanced diet?	Discuss daily food intake, create a food diary for one day – calorie counting. Bring in food packaging – analysis of calories in food categories. Balanced diet pie chart, sourcing of food and the benefits of each food source.	Diet, Health and Hygiene AfL sheet.	Reflective Learners Independent enquirers