



Archbishop Beck Catholic College

KS5 Scheme of Work

Year12 Physical Education



Lesson Sequencing	The High 5 lesson : to be used throughout year	HAP further learning opportunities
<p>Section A - Exercise Physiology The muscular-skeletal system and analysis of movement, Neuromuscular system, respiratory system, cardio-respiratory system, energy systems, coursework.</p> <p>Section B- Skill Acquisition. Skill, skill continuums and transfer of skills, Impact of skill classification on structure of practice for learning, principles and theories of learning and performance, use of guidance and feedback, efficiency of information processing.</p> <p>Section C - Social Cultural Issues. Pre-industrial (pre-1780), Industrial and post-industrial (1780-1900), Post World War II (1950 to present), Sociological theory applied to equal opportunities, sociological theory applied to equal opportunities.</p>	<p>Consolidation: Tasks to support prior learning including past exam questions, focus on valiant vocabulary for topics already taught, mind maps, discussion tasks, assessment of exemplar answers to extended question.</p> <p>Modelling: Focus on scaffolding extended questions AO1, AO2, and AO3 criteria. Scaffolding with the use of tables, exemplar answers and mark schemes. Teacher led to start with then in groups, pairs and individually with the use of notes to support independence as confidence increases.</p> <p>Response and Feedback: Q & A, oral feedback to whole class and individuals, improvement tasks, extension tasks, peer improvement tasks, detailed marking of written tasks, next step marking.</p> <p>Challenge: use of relevant extension tasks, use of exam pro questions focus on 8 and 15 mark extended questions for all topics. Independent research of tasks using James Morris - You Tube. Challenge tasks set in response and feedback if appropriate.</p> <p>Independence: Use of PE review articles to extend knowledge, research homework tasks, coursework tasks, condensing notes in mind maps. Self and peer assessment.</p>	<p>Extension directed questioning, extended questions focus on all topics, use of authentic texts, increased use of extended vocabulary, and focus on key valiant vocabulary, challenge activities incorporated into response and feedback, peer support and self-assessment. Use of Mike Murray masterclasses to support exam progress.</p> <p>Exam board web seminars accessed recorded and presented to students delivery by chief examiners.</p> <p>Careers week and employment opportunities, university visits to exercise physiology labs. University open days. University scholar's programme and social mobility programme. Exam booklets created to support independent learning.</p>

