



Archbishop Beck Catholic College



PE Medium Term Plan - Year 11 2021/2022

Autumn Term (Sept - Oct) - 6 weeks <u>Practical - National Curriculum</u> Trampolining / Fitness / Dance / Netball / Football / Badminton / Basketball 3 x 4 week blocks of activity Students will partake in a carousel of activities throughout the term.	Autumn Term (Oct-Dec) - 7 weeks <u>Practical - National Curriculum</u> Trampolining / Fitness / Dance / Netball / Football / Badminton / Basketball 3 x 4 week blocks of activity Students will partake in a carousel of activities throughout the term.	Spring Term (Jan-Feb) - 7 weeks <u>Unit R042 - Applying principles of training</u> <u>Lesson sequence 1 to 5</u> LO1: Know the principles of training in a sporting context Describe the principles of training with developed examples , applied to specific sporting contexts. LO2: Know how training methods target different fitness components Describe aerobic and anaerobic exercise , with a wide range of relevant training methods. Identify components of fitness and describe a wide range of specific training methods.
Assessment - / = / + Practical	Assessment - / = / + Practical	Assessment Coursework

<p>Spring Term (Feb- March) - 6 weeks</p> <p><u>Unit R042 - Applying principles of training</u></p> <p><u>Lesson sequence 6 to 8</u></p> <p>LO3: Be able to conduct fitness tests</p> <p>Independently conduct fitness tests, consider protocol & record results.</p> <p>Interpret results clearly, make detailed reference to normative data, reliability and validity.</p> <p><u>Lesson sequence 9 to 12</u></p> <p>LO4: Be able to develop fitness training programmes</p> <p>Independently design a training programme that meets specific needs and that applies all the principles of training.</p> <p>Evaluate the design and delivery of the programme.</p> <p>1 week interform</p>	<p>Summer Term (April-May) - 5 weeks</p> <p><u>Practical - National Curriculum</u></p> <p>Fitness / Dance / Netball / Football / Badminton / Basketball/ Roundeers/Tennis/Cricket</p> <p>1 x 5 week block of activity</p> <p>OR</p> <p>Coursework catch up</p>	<p>Summer Term (June-July) - 6weeks</p> <p>Course complete</p> <p>GCSE Examinations</p>
<p>Assessment - 15th May</p>	<p>Assessment - / = / + Practical</p>	<p>Assessment - N/A</p>

