**NUSA Year 11 OCR GCSE 9-1 Physical Education Revision Schedule 2020**

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| **Countdown**  **(school weeks to the exam)** | **Course and Revision Topics** | | **Other events** | **Homework** |
| **Tuesday Double Lesson: J587/ 01 Physical factors affecting performance** | **Friday Single Lesson: J587/ 02 Socio- cultural issues and sports psychology** |
| \*At the beginning of each lesson students will spend 8 minutes questioning one another #PE24-7 | |
| **12** | **28th of January:**   * **Diet and nutrition** | **31st of January:**  **Topic 2.3. Health, fitness and well- being.**   * **Health, fitness and well- being** | **AM Intervention:**  Tuesday and Wednesday.  Location of bones and muscles and relevant past paper questions. | Exam questions based on relevant topics including x1, 6 mark question. |
| **11** | **4th of February:**   * Location of major bones * Functions of the skeletal system * Synovial joints * Ligaments, tendons and cartilage | **7th of February:**   * Consolidating, ‘Health, fitness and well- being’ | **AM Intervention:**  Diet and nutrition & relevant past paper questions. | Exam questions based on relevant topics including x1, 6 mark question. |
| **10** | **11th of February:**   * Hinge and ball and socket joints * Movement at hinge and ball and socket joints | **14th of February:**   * Engagement in physical activity and sport in the UK: **Part 1** | **AM Intervention:**  Lever systems & relevant past paper questions. | Exam questions based on relevant topics including x1, 6 mark question. |
| **Half term: Tuesday intervention 10:00- 13:00** | | | | |
| **9** | **25th of February:**   * Lever systems **including \*mechanical advantage** * Planes of Movement * Axes of rotation | **28th of February:**   * Engagement in physical activity and sport in the UK: **Part 2** | **AM Intervention:**  Lever systems & relevant past paper questions. | Exam questions based on relevant topics including x1, 6 mark question. |
| **8** | **3rd of March:**   * Double circulatory system * Blood vessels * The pathway of blood through the heart * Heart rate, stroke volume and cardiac output | **6th of March:**   * Ethics in sport * Commercialization of sport | **AM Intervention:**  Double circulatory system & relevant past paper questions. | Exam questions based on relevant topics including x1, 6 mark question. |
| **7** | **10th of March:**  **J587/ 01 Physical factors affecting performance MOCK EXAM** | **13th of March:**   * **J587/ 02 Socio- cultural issues and sports psychology MOCK EXAM** | **AM Intervention:**  Ethics, commercialisation & relevant past paper questions. |  |
| **6** | **17th of March:**   * Pathway of air * Alveoli * Role of respiratory muscles * Breathing rate, tidal volume and minute ventilation | **20th of March:**   * Violence in Sport   Drugs in Sport | **AM Intervention:**  Respiratory system & relevant past paper questions. | Exam questions based on relevant topics including x1, 6 mark question. |
| **5** | **24th of March**   * Exam feedback;J587/ 01 Physical factors affecting performance and J587/ 02 Socio- cultural issues and sports psychology | **27th of March**   * Skillful movement and skill classification | **AM Intervention:**  Violence and drugs & relevant past paper questions.  **Practical moderation: NUSA** | Exam questions based on relevant topics including x1, 6 mark question. |
| **4** | **31st of March:**   * Aerobic and anaerobic exercise * Short- term effects of exercise | **3rd of April:**   * Goal setting * Mental preparation | **AM Intervention:**  Goal setting and mental preparation & relevant past paper questions. | Exam questions based on relevant topics including x1, 6 mark question. |
| **Easter: Intervention 10:00- 13:00** | | | | |
| **3** | **21st of April:**   * Long- term effects of exercise * Component of fitness | **24th of April:**   * Types of guidance and feedback | **AM Intervention:**  Long term effects of exercise & relevant past paper questions. | Exam questions based on relevant topics including x1, 6 mark question. |
| **2** | **28th of April:**   * Components of fitness: SPOR * Optimizing training: FITT principle | **1st of April:**   * Health fitness and well- being including ‘Ageing’. * Diet and nutrition | **AM Intervention:**  SPOR and FITT & relevant past paper questions. |  |
| **1** | **5th of May:**   * Types of training * Warm- up * Cool- down | **Bank Holiday 8th of May:** | **AM Intervention:**  Types of training & relevant past paper questions. | Exam questions based on relevant topics including x1, 6 mark question. |
| **0\***  **Exam week;**  **01 & 02** | **12th of May:**   * Injury prevention * Potential hazards * Key topics | | **AM Intervention:**  Types of training & relevant past paper questions. | Exam questions based on relevant topics including x1, 6 mark question. |
| **13th of May:**   * **J587/ 01 Physical factors affecting performance** | **15th of May:**  **J587/ 02 Socio-cultural issues and sports psychology** | **AM Intervention:**  Exam prep.  **Warm up session paper 1 & paper 2** | Sleep, eat and hydrate well! |
| **\*13th of May Paper 01, 9-1 OCR GCSE PE** | | | | |
| **\*15th of May Paper 02, 9-1 OCR GCSE PE** | | | | |