**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** |