

APSC

Continuity of Learning

Year 11 – GCSE PE

WB	Lesson	Key content	Online lesson link
30 th October	Practical		
	Diet and optimum weight	<p>What factors determine optimum weight? – Height, sex, muscle mass, bone structure</p> <p>Different sports will have different optimum weight – long distance running – light weight, tall, little muscle; rugby players – heavy, tall, muscle</p>	Seneca 4.2.4
6 th November	Drop Down Day		
	Factors effecting participation in sport	<p>What factor influence our choice to participate? Gender, Age, Socio-economic group, Ethnicity, Disability</p> <p>People – role models, family, friends</p>	Seneca 6.1.1 Seneca 6.1.2 Seneca 6.1.3 Seneca 6.1.4
13 th November	Practical		
	Factors effecting participation in sport	<p>What factor influence our choice to participate? Gender, Age, Socio-economic group, Ethnicity, Disability</p> <p>People – role models, family, friends</p>	Seneca 6.1.1 Seneca 6.1.2 Seneca 6.1.3 Seneca 6.1.4
20 th November	Ethics in sport	<p>Sportsmanship – playing to the rules/being gracious in defeat e.g. shaking hands/saying well done</p> <p>Gamesmanship – bending the rules/gaining unfair advantages e.g. distracting opponent during game</p> <p>Deviance – cheating and disrespecting the sport/code of conduct e.g. taking performance enhancing drugs</p> <p>Why do athletes choose to do this?</p> <p>Who applies pressure on them to do this?</p> <p>What are the sanctions/repercussions of doing this?</p>	Seneca 6.1.5
		EXAM	

27 th November	Practical		
		<p>Sportsmanship – playing to the rules/being gracious in defeat e.g. shaking hands/saying well done</p> <p>Gamesmanship – bending the rules/gaining unfair advantages e.g. distracting opponent during game</p> <p>Deviance – cheating and disrespecting the sport/code of conduct e.g. taking performance enhancing drugs</p> <p>Why do athletes choose to do this?</p> <p>Who applies pressure on them to do this?</p> <p>What are the sanctions/repercussions of doing this?</p>	Seneca 6.1.5

4 th December	Practical		
	Commercialisation Sponsorships	<p>What is commercialisation? Making profit from sports</p> <p>Why do athletes accept sponsors?</p> <p>What is the impact on other sports?</p> <p>Adv./Disadv. to audience, athlete, and sport</p>	Seneca 6.2.1 Seneca 6.2.2 Seneca 6.2.3 Seneca 6.2.4 Seneca 6.2.5 Seneca 6.2.6
11 th December	Practical		
	Commercialisation Sponsorships	<p>What is commercialisation? Making profit from sports</p> <p>Why do athletes accept sponsors?</p> <p>What is the impact on other sports?</p> <p>Adv./Disadv. to audience, athlete, and sport</p>	Seneca 6.2.1 Seneca 6.2.2 Seneca 6.2.3 Seneca 6.2.4 Seneca 6.2.5 Seneca 6.2.6
18 th December	Practical		
	Half Term		