

APSC

Continuity of Learning

Year 11 – GCSE PE

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

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

4 th December	Practical		
	Commercialisation Sponsorships	What is commercialisation? Making profit from sports Why do athletes accept sponsors? What is the impact on other sports? Adv./Disadv. to audience, athlete, and sport	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	What is commercialisation? Making profit from sports Why do athletes accept sponsors? What is the impact on other sports? Adv./Disadv. to audience, athlete, and sport	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		