

Half-term One September – October 2020
Year 11 Physical Education

Lesson	Instructions	Resources	Curriculum
1	Use the PowerPoint to make notes on Information Processing – complete the exam questions and use mark schemes to self-assess.	Information Processing PowerPoint	Paper 2
2	Use the PowerPoint to make notes on Types of Guidance and complete the Question Quadrant worksheet.	Guidance PowerPoint Question Quadrant	Paper 2
3	Use the PowerPoint to make notes on Feedback – complete the exam questions and use mark schemes to self-assess.	Feedback PowerPoint	Paper 2
4	Use your Green Revision Guide , website link and Year 10 exercise books to make a poster about components of fitness, fitness tests and methods of training.	Exercise Books Green Revision Guide https://www.bbc.co.uk/bitesize/guides/zxd4wx/revision/2	Paper 1
5	Create a poster about the cardiovascular system to include blood vessels, the pathway of blood, labelled diagram of the heart and the cardiac cycle (vasoconstriction and vasodilation).	Cardio-respiratory PowerPoint Green Revision Guide https://www.bbc.co.uk/bitesize/guides/z4tfr82/revision/2	Paper 1

Please email any queries and completed work to Miss McCallum
Joanne.mccallum@monkseaton.org.uk