



OCR GCSE PE

YEAR 11

Programme of Study
2019-20



Week Beginning	THEORY	PRACTICAL	
		Group 1	Group 2
W/C Mon 2 nd Sept	1.1a- Skeletal System	No lesson	No lesson
W/C Mon 9 th Sept	2.1a – Engagement Patterns	Athletics	Badminton
W/C Mon 16 th Sept	1.1b – Muscular System	Athletics	Badminton
W/C Mon 23 rd Sept	2.1b – Commercialisation in sporting activity	Badminton	Athletics
W/C Mon 30 th Sept	1.1c – Movement Analysis	Badminton	Athletics
W/C Mon 7 th Oct	2.1c – Ethical/social & cultural issues in sport	Field Event Competition	
W/C Mon 14 th Oct	1.1e Effects of exercise on the body	Track Event Competition	
OCTOBER HALF TERM			
Intervention for all students – 2.2d- Sports Psychology			
W/C Mon 4 th Nov	1.2a components of fitness/1.2b principles of training	Table Tennis	Handball
W/C Mon 11 th Nov	1.1d Cardiovascular System	Table Tennis	Handball
W/C Mon 18 th Nov	1.1d Respiratory System	Table Tennis	Handball
W/C Mon 25 th Nov	2.3 Health, Fitness & well-being	Handball	Table Tennis
W/C Mon 2 nd Dec	PE Source Studies lesson - Usain Bolt (Components of Fitness)	Handball	Table Tennis
W/C Mon 9 th Dec		Handball	Table Tennis
W/C Mon 16 th Dec	Mock Paper 1	Mock Paper 2	
CHRISTMAS HOLIDAYS			
W/C Mon 6 th Jan	Paper 1 Analysis & DIRT Task/ Paper 2 Analysis & DIRT Task (HW)	Final Practical Moderation	
W/C Mon 13 th Jan	Cardiovascular & Respiratory System Revision	Final Practical Moderation	
W/C Mon 20 th Jan	PE Source Studies lesson - Usain Bolt (Components of Fitness)	Final Practical Moderation	
W/C Mon 27 th Jan	Source Studies lesson - Jessica Ennis-Hill (Effects of Exercise)	Final Practical Moderation	
W/C Mon 3 rd Feb	PE Source Studies lesson - Lewis Hamilton (Commercialisation)	Final Practical Moderation	
W/C Mon 10 th Feb	PE Source Studies lesson - Neymar Jr (Sports Psychology)	Final Practical Moderation	
W/C Mon 24 th Feb	PE Source Studies lesson - Serena Guthrie (Risk & Injury)	Mock paper 1	
W/C Mon 2 nd Mar	PE Source Studies lesson - Maro Itoje (Health & Fitness)	Mock paper 2	
W/C Mon 9 th Mar	PE Source Studies lesson - Roger Federer (Ethics in Sport)	Paper 2 Analysis & DIRT Task	
Final Practical Marks sent to Parents/Carers			
W/C Mon 16 th Mar	PE Source Studies lesson – Nicola Adams (Engagement Patterns)	Repeat Paper 1	
W/C Mon 23 rd Mar	Repeat Paper 2	Play Book 3	
Final Practical Marks to OCR by 31st March 2019			
W/C Mon 30 th Mar		WTM Paper 1	
EASTER HOLIDAYS			
W/C Mon 20 th Apr	Repeat Paper 1	WTM paper 2	
W/C Mon 27 th Apr	Paper 2 Play Book 4	Paper 2 Play Book 5	
W/C Mon 4 th May	Paper 2 Play Book 6		
Wednesday 13th May	Paper 1 Final Exam PM Physical Factor Affecting performance		
Friday 15th May	Paper 2 Final Exam PM Socio-cultural issues and sports psychology		