**10-Week Plans (Year 13)**

Department: Physical Education

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|  | **Teaching and Learning** | **Assessment** | **Independent work** |
| **W.c. Mon 21 Feb** | Fluid mechanics  | Skeletal and muscular system exam questions  | Flexibility training recap  |
| **W.c. Mon 28 Feb** | Flexibility Training | Flexibility and strength training Q’s |  |
| **W.c. Mon 7 Mar** |  | Paper 1 Exam | Rehabilitation of Injury  |
| **W.c. Mon 14 Mar** | Rehabilitation of Injury  | Rehabilitation of Injury 20 marker  | Application of Ergogenic aids |
| **W.c. Mon 21 Mar** | Ergogenic aids in sport  | Ergogenic aids past paper questions  | Energy for Exercise  |
| **W.c. Mon 28 Mar** | Energy for exercise  | Energy system exam questions  | Cardiovascular system  |
| **Easter** |  |  |  |
| **W.c. Mon 18 Apr** | Cardiovascular system  | Cardiovascular system exam questions | Respiratory system  |
| **W.c. Mon 25 Apr** | Respiratory system  | Respiratory exam questions | Movement Analysis |
| **W.c. Mon 2 May** | Movement Analysis  | 20-mark exam q’s | Personal focus |
| **W.c. Mon 9 May** | Biomechanical principles  | Biomechanical principle questions | Personal focus  |
| **W.c. Mon 16 May** |  |  |  |
| **W.c. Mon 23 May** |  |  |  |