

## GCSE PE Learning Intentions Autumn Term 2 2024 2025

	LESSON 1	LESSON 2	LESSON 3
WEEK 9 wc 4 <sup>th</sup> November	<ul style="list-style-type: none"> <li>To know and understand the basic structure and functions of the cardiovascular system.</li> <li>Identify the major components of the heart.</li> </ul>	<ul style="list-style-type: none"> <li>Compare and contrast the structure and function of arteries, veins, and capillaries.</li> <li>Investigate how these blood vessels work together to transport blood throughout the body.</li> </ul>	<ul style="list-style-type: none"> <li>To perform a rally</li> <li>To play a competitive game</li> <li>To play a game of king of the court or ladders to assess skill level here</li> </ul>
WEEK 10 wc 11 <sup>th</sup> November	<ul style="list-style-type: none"> <li>Identify the key components of blood (red blood cells, white blood cells, platelets, plasma).</li> <li>Explore the function of each blood component and how they support physical activity, particularly oxygen transport and clotting.</li> </ul>	<ul style="list-style-type: none"> <li>To be able to perform the overhead clear.</li> <li>To be able to perform the overhead clear in isolation.</li> <li>To be able to perform the overhead clear in a conditioned practice.</li> <li>To be able to perform the overhead clear in a competitive game.</li> </ul>	
WEEK 11 wc 18 <sup>th</sup> November	<ul style="list-style-type: none"> <li>Understand the composition of inhaled and exhaled air and the importance of oxygen and carbon dioxide exchange.</li> <li>Identify and explain key lung volumes (tidal volume, vital capacity) and how they change during physical activity.</li> </ul>	<ul style="list-style-type: none"> <li>To know and understand the composition of inhaled and exhaled air and the importance of oxygen and carbon dioxide exchange.</li> </ul>	<ul style="list-style-type: none"> <li>To know the teaching points for the net shot/net play.</li> <li>To be able to perform the net shot/net play.</li> <li>To be able to perform the net shot/net play in isolation.</li> <li>To be able to perform the net shot/net play in a conditioned practice.</li> <li>To be able to perform the net shot/net play in a competitive game.</li> </ul>
WEEK 12 wc 25 <sup>th</sup> November	<ul style="list-style-type: none"> <li>Mid-term Exam questions on key topics learnt.</li> </ul>	<ul style="list-style-type: none"> <li>To be able to perform the net shot/net play in a conditioned practice.</li> <li>To be able to perform the net shot/net play in a competitive game.</li> <li>To recap all previous skills and techniques learnt in badminton.</li> <li>To be able to demonstrate and apply all the relevant skills and techniques needed in a conditioned and competitive practice in badminton (Filming for moderation).</li> </ul>	

WEEK 13 wc 2nd December	<ul style="list-style-type: none"> <li>• Differentiate between aerobic and anaerobic energy systems and when each is utilized during exercise.</li> <li>• Identify and explain the main energy sources (carbohydrates, fats, proteins) used by the body during physical activity.</li> </ul>	<ul style="list-style-type: none"> <li>• Analyse the short-term effects of exercise on heart rate, breathing rate, and blood flow.</li> <li>• Understand how both the cardiovascular and respiratory systems work together to meet the demands of exercise.</li> </ul>	<ul style="list-style-type: none"> <li>• To recap all previous skills and techniques learnt in badminton.</li> <li>• To be able to demonstrate and apply all the relevant skills and techniques needed in a conditioned and competitive practice in badminton (Filming for moderation).</li> </ul>
WEEK 14 wc 9 <sup>th</sup> December	<ul style="list-style-type: none"> <li>• To be able to recall long term effects of exercise on the body systems.</li> <li>• To be able to interpret data &amp; graphical representation of exercise at both rest and during physical activity.</li> </ul>	<ul style="list-style-type: none"> <li>• To recap all previous skills and techniques learnt in badminton.</li> <li>• To be able to demonstrate and apply all the relevant skills and techniques needed in a conditioned and competitive practice in badminton (Filming for moderation).</li> </ul>	
WEEK 15 wc 16 <sup>th</sup> December	<ul style="list-style-type: none"> <li>• Revision lesson for End of term mock assessment</li> </ul>	<ul style="list-style-type: none"> <li>• End of term mock assessment and feedback</li> </ul>	<ul style="list-style-type: none"> <li>• To recap all previous skills and techniques learnt in badminton.</li> <li>• To be able to demonstrate and apply all the relevant skills and techniques needed in a conditioned and competitive practice in badminton (Filming for moderation).</li> </ul>