

		Teaching Topic	Revision Questions
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		John Honeybourne	
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<b>GCSE PE Scheme of Work - 4th Year 2010 - 2012</b>
<b>Unit B451</b>
<b>Autumn Term</b>
Developing Fundamental Motor Skills
feedback and Motivation
Goal Setting
Decision Making - the role of participant, leader, official
Components of Fitness
Components of Fitness - sporting examples
Warm up and Cool down
<b>Half Term</b>
Characteristics of a skillful performer
Performance and Outcome goals
Assessing the body's readiness for exercise - Health Screening tests BMI, Blood pressure, Skinfold
Assessing the body's readiness for exercise - Fitness tests
Components of a healthy diet
Sports Nutrition
The effect of lifestyle and age on health (Factors Affecting Performance)
<b>Spring Term</b>
Controlled assesment preparation - Setting the scene
Controlled assesment preparation - Section 1
Controlled assesment preparation - Section 2
Controlled assesment preparation - Section 3
Controlled assesment preparation - Section 4
<b>Half Term</b>
Controlled assesment preparation Section 5
<b>Controlled assesment</b>
Exercise and training programmes Inc. FITT
Exercise and training programmes
End of Term
<b>Summer Term</b>
Participation in sport - Patterns, types of sport people are in involved in
Reasons for Participation in sport inc. role of Local Authority
Reasons for non Participation sport
Barriers to participation
<b>Half Term</b>
<b>Summer Exam</b>
School Influences
<b>Sponsored walk</b>
Pathways for involvement
<b>End of term</b>

