

Year 10			
Lesson	Knowledge Organiser	Independent Study (Description)	Independent Study (Link)
1	OCR RO42 progression section A	LO1 preparation and write up- progression	https://docs.google.com/document/d/140HzJsCq49yHDA6UcoLFlvFTJliC7nCOOXlu-eDHNU8/edit
2	OCR RO42 overload section B	LO1 preparation and write up- overload	https://docs.google.com/document/d/140HzJsCq49yHDA6UcoLFlvFTJliC7nCOOXlu-eDHNU8/edit
3	OCR RO42 specificity and reversibility section C	LO1 preparation and write up- specificity and reversibility	https://docs.google.com/document/d/140HzJsCq49yHDA6UcoLFlvFTJliC7nCOOXlu-eDHNU8/edit
4	OCR RO42 variance and moderation section D	LO1 preparation and write up- variance and moderation	https://docs.google.com/document/d/140HzJsCq49yHDA6UcoLFlvFTJliC7nCOOXlu-eDHNU8/edit
5	OCR RO42 applying principles of training section E	LO1 preparation and write up- applying principles of training	https://docs.google.com/document/d/140HzJsCq49yHDA6UcoLFlvFTJliC7nCOOXlu-eDHNU8/edit
6	OCR RO42 applying principles of training section E	LO1 preparation and write up- applying principles of training	https://docs.google.com/document/d/140HzJsCq49yHDA6UcoLFlvFTJliC7nCOOXlu-eDHNU8/edit

GCSE			
Lesson	Knowledge Organiser	Independent Study (Description)	Independent Study (Link)
1	Section A	Seneca - Read and complete structure of a skeleton 1.1.2 and functions of the skeleton 1.1.3	structure of a skeleton https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/6c855620-206a-11e8-a71c-112688d4088a/session functions of a skeleton https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/751c7440-207d-11e8-a71c-112688d4088a/session
2	Section C	Seneca - Read and complete Joints 1.1.4	Joints https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/f82283a0-2089-11e8-a71c-112688d4088a/session
3	Section B	Seneca - Read and complete Joints 2 1.1.5	Joints 2 https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/1e8b7d62-96ed-4aad-8989-2410e722e41f/session
4	Section D	Seneca - Read and complete musculoskeletal structure 1.1.1	Musculoskeletal structure https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/4acab9c0-205c-11e8-9a19-a73942a86576/session
5	Section E	Seneca - Read and complete Antagonistic muscle movement 1.1.6	Antagonistic Muscle movement https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/22c893f0-2090-11e8-a71c-112688d4088a/session
6	Section A - E	Seneca - Read and complete end of topic test - the musculoskeletal system 1.1.7 and exam style questions - musculoskeletal system 1.1.8	End of topic test https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/4564d03d-a0f5-4dd0-8cd5-5e2401a6525d/session exam style questions https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/198e6340-1dd8-4f6b-b698-810bbe7dc08f/session

Year 11			
GCSE PE			
Week	Knowledge Organiser	Independent Study (Description)	Independent Study (Link)
1	Pathway of air (section A) and blood vessels (section D)	Seneca (Applied anatomy section) Read and complete pathway of air 1.2.1, Blood vessels 1.2.2 Blood vessels 2 1.2.3	Pathwayof Air: https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/e9e276c0-209c-11e8-a71c-112688d4088a/session Blood vessels: https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/864f87f0-20a2-11e8-a71c-112688d4088a/session Blood vessels 2: https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/cf05321c-0677-4a4b-9480-9d249a91a913/session
2	Structure of the heart (Section C) and cardiac output (Sections E)	Seneca (applied anatomy section) Read and complete Structure of the heart 1.2.4, Cardiac cycle 1.2.5 and measures for heart performance 1.2.6	Structure of the heart: https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/5d9b7e00-2128-11e8-a71c-112688d4088a/session Cardiac cycle: https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/a4916d50-2129-11e8-a71c-112688d4088a/session Measures of heart performance https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/8433ae90-212b-11e8-a71c-112688d4088a/session
3	Mechanics of breathing (Section B) and spirometer trace (Section G)	Seneca (applied anatomy section) Read and complete mechanics of breathing 1.2.7, mechanics of breathing 2 1.2.8, The lungs 1.2.9	Mechanic of breathing: https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/d3c044a0-2130-11e8-a71c-112688d4088a/session Mechanics of breathing 2: https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/63a2770c-9e1e-4bc3-87e0-d5b17e24c7f2/session The lungs https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/ed30df30-2130-11e8-a71c-112688d4088a/session

4	Aerobic/ Anaerobic (section H) and EPOC (section J)	Seneca (applied anatomy section) Read and complete Anaerobic and aerobic exercise 1.3 and 1.3.1 and recover after exercise 1.32	Anaerobic and Aerobic exercise: https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/f0dd3e00-2133-11e8-a71c-112688d4088a/section-overview Recovery after exercise: https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/e1f26570-2136-11e8-a71c-112688d4088a/session
5	Effects of exercise (section I) and recovery of from exercise (Section J)	Seneca (applied anatomy section) Read and complete Short term effects of exercise 1.4.1, Long term effects of exercise 1.4.2 and treatments for recovery 1.3.3	Short term effects https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/0aa73470-213a-11e8-a71c-112688d4088a/session Long term effects: https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/e0f50060-213b-11e8-a71c-112688d4088a/session Treatments for recovery: https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/179e9ee0-2d13-11e8-93ba-913b5443083b/session
6	All preparation for end of unit assessment (All Sections0	Seneca (applied anatomy section) Complete End of topic test cardio respiratory system1. 2.10 and Exam style questions 1.2.11	End of topic test cardio respiratory system: https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/f3fbfa91-c629-488f-a0ad-48bc34be6b5f/session Exam style questions: https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/4aa566ee-f5c9-4637-b262-36101367cd48/session

OCR Sport			
Week	Knowledge Organiser	Independent Study (Description)	Independent Study (Link)
1	Section 1 - Major bones, muscles and synovial joints	Google docs - Coursework completion - Complete paragraphs on fitness testing and training aids.	Students have access to their own coursework document. Link provided to knowledge organiser pack for support. https://drive.google.com/file/d/1p8O95PEQeWJQ_SOajF7ZHxkcG-guB68y/view?usp=sharing
2	Section 1 - Connective tissue, functions of musculo-skeletal system	Google docs - Coursework completion - Complete paragraphs on Equipment, clothing and footwear and injury prevention.	Students have access to their own coursework document. Link provided to knowledge organiser pack for support. https://drive.google.com/file/d/1p8O95PEQeWJQ_SOajF7ZHxkcG-guB68y/view?usp=sharing
3	Section 2 - Cardio-respiratory system / the heart	Google docs - Coursework completion - Complete paragraphs on video referee, hawk eye and goal line technology.	Students have access to their own coursework document. Link provided to knowledge organiser pack for support. https://drive.google.com/file/d/1p8O95PEQeWJQ_SOajF7ZHxkcG-guB68y/view?usp=sharing
4	Section 2 - The respiratory system, components of blood and types of blood vessels.	Google docs - Coursework completion - Complete paragraphs on Hot-spot, radio and stadiums.	Students have access to their own coursework document. Link provided to knowledge organiser pack for support. https://drive.google.com/file/d/1p8O95PEQeWJQ_SOajF7ZHxkcG-guB68y/view?usp=sharing
5	Section 3 - Cardio respiratory system and how the musculo skeletal system produces movement.	Google docs - Coursework completion - Complete paragraphs on stadiums, officials and commentary.	Students have access to their own coursework document. Link provided to knowledge organiser pack for support. https://drive.google.com/file/d/1p8O95PEQeWJQ_SOajF7ZHxkcG-guB68y/view?usp=sharing
6	Section 3 - Cardio respiratory system and how the musculo skeletal system produces movement.	Google docs - Coursework completion - Complete paragraphs under heading television and internet,	Students have access to their own coursework document. Link provided to knowledge organiser pack for support. https://drive.google.com/file/d/1p8O95PEQeWJQ_SOajF7ZHxkcG-guB68y/view?usp=sharing