

**Post-COVID Lockdown**  
**Physical Education Catch-up Plans**

**KS5 PE - A-level students**

<b><i>Topic</i></b>	<b><i>Sub-topic</i></b>	<b><i>Timescale</i></b>	<b><i>Notes</i></b>
Topic 1 - Scientific Principles of Physical Education	1.4 Energy Systems	Catch up by Friday 23rd October. Will be reviewed and also form a key part of the revision sessions later in the year	This is the main content that the students have struggled with, mostly due to its strong relation to the science
Topic 4 - Sports Psychology	4.1 Factors that can influence an individual in physical activities	Catch-up by Friday 23rd October	Content taught by CHa during lockdown and followed up by CHa on return to school
Component 4 - Personal Development Programme (PDP) Coursework	Individual coursework element	First completed draft of PDP is due to be handed in by 6th November (first Friday after half term)	Although this is not behind, as such, but due to the Lockdown students spent more time on it without support so some areas need addressing

- Additional resources have been made available to students
- New textbooks are being ordered for the department, for both staff and students to use
- Intervention students will be offered (compulsory if still behind) support after half term

**KS4 -**  
**Year 11 -**

<b>Component/Topic</b>	<b>Sub-topic</b>	<b>Timescale</b>	<b>Notes</b>
Component 1 - Fitness and Body Systems	N/a	N/a	This content was taught by AUf and AGu during the lockdown
Topic 3 Physical Training	3.3 The principles of training and their application to personal exercise/ training programmes	Friday 23rd October	Direct relation to their PEP coursework so the content needs to be reviewed
Component 2 - Health and Well Being	N/a	N/a	This content was taught by AUf during lockdown
Topic 2 Sports Psychology	2.1 Classification of Skills	Friday 23rd October	Content needs to be understood and practically applied in order for the rest of the topic to be completed
Component 4 - Personal Exercise Programme (PEP) Coursework	Practical implementation of theory work into their own training programme and the analysis of completed workouts	This is on-going as the coursework final submission is not until	As with KS5 due to the Lockdown students spent more time on it without support so some areas need addressing - linked to Topic 3.3 above

- Google drive and classrooms are set up and registered/attended by all students
- Additional work sent to students and added to the Google Drive
- Intervention students will be offered (compulsory if still behind) support after half term

### **Year 10 -**

<b>Topic</b>	<b>Sub-topic</b>	<b>Timescale</b>	<b>Note</b>
Component 1 - Fitness and Body Systems	1.1 The structure and functions of the musculoskeletal system	Friday 23rd October	The introduction of the course was during the lockdown period, some students require extra support on the content that was taught virtually.

- In-class assessments to be completed to guide intervention needs
- Google Drive and classroom set up for all students
- New GCSE workbook and exam questions to be ordered.