

## Year 11 GCSE PE

### Overall Intent:

In Year 11, students will continue to study both the practical and theoretical content of GCSE Physical Education building upon all that was covered in year 10. In doing, so they build the understanding to explore the connection between component 1 and 2. They develop skills in justification, analysis and evaluation. Within this we begin to study Component 2 - Health and Performance. Students will develop and knowledge and understanding of the factors underpinning participation and performance in physical activity and sport. Students develop their theoretical knowledge and understanding of the contribution that physical activity and sport make to health, fitness and well-being and how these can impact on their own performance. Sports psychology is introduced, focusing on skill development through practice, guidance, and feedback. It is expected that learners can apply this to their own learning in practical situations to improve their own performance. Students will also consider the key socio-cultural influences that can affect people's involvement in physical activity and sport. Students will embark upon the Personal Exercise Programme (PEP), a 6-8week training period relating to an activity of their choice. The aim of the PEP is for students to develop their ability to analyse and evaluate their personal fitness to improve/optimize their performance in their chosen sport/activity. Students receive a well-rounded and full introduction to PE, sport and sport science through the combination of physical performance and academic challenges.

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Key learning aims – knowledge and skills</b>	HEALTH, FITNESS AND WELL-BEING  THE CONSEQUENCES OF A SEDENTARY LIFESTYLE  ENERGY USE, DIET, NUTRITION AND HYDRATION	SPORTS PSYCHOLOGY  CLASSIFICATION OF SKILLS  THE USE OF GOAL SETTING AND SMART TARGETS.  GUIDANCE AND FEEDBACK ON PERFORMANCE  MENTAL PREPARATION FOR PERFORMANCE	THE PRINCIPLES OF PHYSICAL TRAINING AND THEIR APPLICATION  THE LONG-TERM EFFECTS OF EXERCISE  USE, ANALYSIS, EVALUATION, COLLECTION, PRESENTATION AND INTERPRETATION OF DATA	THE PRINCIPLES OF PHYSICAL TRAINING AND THEIR APPLICATION  THE LONG-TERM EFFECTS OF EXERCISE  USE, ANALYSIS, EVALUATION, COLLECTION, PRESENTATION AND INTERPRETATION OF DATA	SOCIO-CULTURAL INFLUENCES, ISSUES AND ENGAGEMENT PATTERNS IN SPORT  COMMERCIALISATION OF PHYSICAL ACTIVITY AND SPORT	EXAM PREPARATION

<p><b>Key learning aims – knowledge and skills</b></p>	<p>How health risks are reduced by taking part in physical activity. Physical, Emotional and Social health. Positive and negative impacts on well-being. Exploration of lifestyle choices and their positive and negative impact on health. The consequences of a sedentary lifestyle and its impact on health and components of fitness. The nutritional requirements of a balanced diet to optimise specific performances. The factors which affect optimum weight and variation in that weight due to specific roles. Energy balance to maintain a healthy weight. Hydration for physical activity and how to maintain the</p>	<p>Know and apply practice structures and skill classification to select the most relevant practice to develop skills. Understand the use of goal setting to improve and optimise performance. Be able to set and review targets to improve and optimise performance. Know the types of guidance i.e. visual, and when to use it to optimise performance. Be able to use and recognise types of feedback. Know how to use mental preparation for exercise and how this can benefit the performer.</p>	<p>Be able to apply the principles and methods of training to the Personal Exercise Programme (PEP). Be able to set goals and apply SMART targets to their own training. Apply fitness testing and components of fitness to ascertain areas needed for development in your sport. Develop the knowledge and understanding of data analysis and be able to apply to key areas of physical activity and sport. This is done by linking the content to other topics studied on the course.</p>	<p>Analyse and Evaluate the application of the principles and methods of training to the PEP. Evaluate set goals and SMART targets. Apply fitness testing and components of fitness to ascertain progression. Develop the knowledge and understanding of data analysis and be able to apply to key areas of physical activity and sport. This is done by linking the content to other topics studied on the course.</p>	<p>Participation rates and the factors which affect this. Explore the relationship between commercialisation, the media and physical activity and sport. Advantages and disadvantages of commercialisation for the sponsor/sport/player/performer/spectator. Investigate different sporting behaviours i.e. gamesmanship and reasons and consequences of deviance at an elite level. Data will be analysed and interpreted from graphical presentation on the topics within this section.</p>	<p>Recap all topics Use past papers to prepare for final examination.</p>
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<b>Assessment</b>	End of Topic Assessment	End of Topic Assessment Mock exam	Coursework Aim and planning analysis Carrying out and monitoring the PEP	Carrying out and monitoring the PEP Evaluation of PEP	End of topic test	Final external examination