

Year 11 GCSE PE

Overall Intent:

In Year 11, following on from Year 10, the subject aims to provide further knowledge and skills that would be transferable to a sporting workplace. The experience in Year 11 allows students to develop their leadership and planning skills and as well as the ability to reflect and set targets. To round off the course the synoptic unit allows the students to reflect and use previously taught content and apply it to an exercise programme, allowing them to understand how to apply health and safety knowledge as well as principles of training. Students will understand and develop their ability to describe, explain and analyse their work.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic/area of study	LEADERSHIP IN SPORT – ATTRIBUTES OF SUCCESSFUL SPORTS LEADERSHIP	LEADERSHIP IN SPORT – PLANNING AND LEADING SPORTS ACTIVITIES	THE PRINCIPLES OF TRAINING, INCLUDING THE EFFECTS ON THE BODY DURING FITNESS TRAINING	IMPLEMENTATION OF A PERSONAL FITNESS PROGRAMME	REVIEW OF A PERSONAL FITNESS TRAINING PROGRAMM	N/A
Key learning aims – knowledge and skills	Students will know the attributes associated with successful sports leadership and the responsibilities of leaders.	Students will undertake the planning and leading of sports activities. They will plan in detail and lead a sports session, review the session and highlight what went well and what would require improvements.	Students will design a personal training programme. They will learn about the musculoskeletal and cardiorespiratory systems.	Students will implement a self-designed personal fitness training programme to achieve their own goals and objectives.	Students will review their personal fitness training programme.	The course will conclude during Summer half term 1.
Assessment	Internal Coursework					N/A

