

GCSE PE Year 11 (Year 2 of the course)

**INTENT**

Physical Education will equip learners with the knowledge, understanding, skills and values to develop and maintain their performance in physical activities and understand the benefits to health, fitness and well-being. This will require them to: develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance • understand how the physiological and psychological state affects performance in physical activity and sport • perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/ or compositional ideas • develop their ability to analyse and evaluate to improve performance in physical activity and sport • understand the contribution which physical activity and sport make to health, fitness and well-being • understand key socio-cultural influences which can affect people's involvement in physical activity and sport.

	Term 1								Term 2								Term 3								Term 4								Term 5								Term 6																																																																		
	Year 10								Year 10								Year 10								Year 10								Year 10								Year 10																																																																		
	Dates								Dates								Dates								Dates								Dates								Dates																																																																		
<b>End Points</b>	L1 – Factors affecting participation	04/09/2023	L2 – Factors affecting participation	11/09/2023	L3 – Strategies to improve participation	18/09/2023	L4 – For women in physical activity	25/09/2023	L5 – End of topic test	02/10/2023	L6 – DIRT	09/10/2023	L7 – Influence of the media	16/10/2023	L8 – Sponsorship	23/10/2023	L9 – Sportsmanship/Gamesmanship	L10 – Deviance/ Drugs in sport	L11 – Violence in sport	L12 – End of topic test	L13 – DIRT	L14 – Characteristics & classification of skills	L15 – GOAL setting	L16 – Mental preparation techniques	06/11/2023	L17 – Cont. Mental preparation techniques	13/11/2023	L18 – End of topic test	20/11/2023	L19 – DIRT	27/11/2023	L20 – Guidance	04/12/2023	L21 – Feedback	11/12/2023	L22 – Healthy lifestyle	18/12/2023	L23 – Well-being and fitness	L24 – Diet and nutrition	L25 – Diet and nutrition	L26 – Factors to consider/revision	L27 – End of topic test	L28 – DIRT	L29 – Revisit practical sport 3	L30 – Coursework – analysing and evaluating.	08/01/2024	L31 – Coursework – analysing and evaluating.	15/01/2024	L32 – Coursework – analysing and evaluating.	22/01/2024	L33 – Coursework – analysing and evaluating.	29/01/2024	L34 – Coursework – analysing and evaluating.	05/02/2024	L35 – Coursework – analysing and evaluating.	L36 – Coursework – analysing and evaluating.	L37 – Coursework – analysing and evaluating.	L38 – Coursework – analysing and evaluating.	L39 – Coursework – analysing and evaluating.	L40 – Recap skeletal system	19/02/2024	L41 – Recap muscular system	26/02/2024	L42 – Recap movement analysis	04/03/2024	L43 – Recap cardiovascular system	11/03/2024	L44 – Recap respiratory system	18/03/2024	L45 – Recap Effects on the body systems	L46 – End of Unit test	L47 – DIRT	L48 – Recap components of fitness	L49 – Recap principle of training	L50 – Recap Injury and training	08/04/2024	L51 – End of unit test	15/04/2024	L52 – DIRT	22/04/2024	L53 – Recap engagement patterns of different social groups	29/04/2024	L54 – Recap commercialisation	06/05/2024	L55 – Recap ethical and socio-cultural issues	13/05/2024	L56 – End of unit test	20/05/2024	L57 – DIRT	L58 – Recap Characteristics of skilful movement	L59 – Recap GOAL setting	L60 – Recap mental preparation	L61 – Recap types of guidance and feedback	External assessment	03/06/2024	External assessment	10/06/2024	External assessment	17/06/2024	External assessment	24/06/2024	External assessment	01/07/2024	External assessment	08/07/2024	External assessment	15/07/2024
	Students will be able to apply knowledge of the following content areas and apply this knowledge to examples from physical activity:									Students will be able to apply knowledge of the following content areas and apply this knowledge to examples from physical activity:									Students will be able to apply knowledge of the following areas and apply this knowledge to examples from physical activity:									Students will be able to apply knowledge of the following areas and apply this knowledge to examples from physical activity at AO1 AO2 and most AO3 standard:									Students will be able to apply knowledge of the following areas and apply this knowledge to examples from physical activity at AO1 AO2 and most AO3 standards:									Students will be able to apply knowledge of the following areas and apply this knowledge to examples from physical activity:																																																													
	<ul style="list-style-type: none"> <li>Current trends in different social groups' participation in sport</li> <li>Different socio-cultural factors can affect participation.</li> <li>Understand strategies that can be used to improve participation through promotion, provision and access.</li> <li>Examples from physical activity to these participation issues.</li> <li>Influence of the media on the commercialisation of physical activity and sport. Social Internet TV/visual Newspapers/magazines</li> <li>Relationship between sport, sponsorship and the media (golden triangle).</li> <li>Sponsorship on commercialisation of physical activity</li> <li>Positive and negative effects of sponsorship on commercialisation to practical examples.</li> <li>Definitions and application of: Sportsmanship Gamesmanship Deviance</li> <li>Reasons why sports performers use drugs and types of drugs.</li> <li>Reasons for player violence</li> <li>Characteristics of skilful movement and examples of: Motor skills Efficiency Pre-determined Co-ordinated Fluent Aesthetic</li> <li>Classification of skills: Difficulty continuum Environmental continuum</li> <li>Reasons for goal setting SMART principle</li> </ul>									<ul style="list-style-type: none"> <li>Mental preparation techniques Imagery Mental rehearsal Selective attention Positive thinking</li> <li>Advantage and disadvantages of types of guidance Visual Verbal Manual Mechanical</li> <li>Different types of feedback Intrinsic Extrinsic Knowledge of performance Knowledge of results Positive Negative</li> <li>Effective guidance and feedback</li> <li>Health, fitness and well-being</li> <li>Different health benefits Physical Emotional Social</li> <li>Application and understanding to different age groups, including data.</li> <li>Components of a balanced diet and use of energy.</li> </ul>									<ul style="list-style-type: none"> <li>Evaluation – all of the strengths and weaknesses = top end of Level 5</li> <li>Analysis – a justified analysis = middle of Level 4 Overview – gives a fairly accurate overview = middle of Level 3</li> <li>Assessment – gives an accurate and thorough assessment = top end of Level 5</li> <li>Movement analysis – gives an accurate response to this = Top end of Level 4</li> <li>Action plan – Produces an action plan that contains everything and overall is of a good standard = Level 3</li> </ul>									<ul style="list-style-type: none"> <li>Skeletal system</li> <li>Muscular system</li> <li>Movement analysis</li> <li>Cardiovascular system</li> <li>Respiratory system</li> <li>Effects of exercise on the body systems</li> <li>Components of fitness</li> <li>Principles of training</li> <li>Good exam technique</li> </ul>									<ul style="list-style-type: none"> <li>Injury and training</li> <li>Engagement patterns of different social groups,</li> <li>Commercialisation</li> <li>Ethical and socio-cultural issues</li> <li>Characteristics of skilful movement</li> <li>GOAL setting</li> <li>Mental preparation</li> <li>Types of guidance and feedback</li> <li>Good exam technique</li> </ul>									<ul style="list-style-type: none"> <li>Accurate recall of applied anatomy and physiology</li> <li>Core and advanced skill, tactical awareness across a range of sports</li> <li>Current trends in different social groups' participation</li> </ul>																																																													

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Progress & assessment	<p>Assessment will consist of:</p> <ul style="list-style-type: none"> <li>AO1 style low stakes testing at the start of every lesson.</li> <li>AO1, AO2 and AO3 assessed in tasks/silent study through self/peer assessment.</li> <li>AO1, AO2 and AO3 assessed in end of topic tests at the end of each unit.</li> </ul> <p>Progress tracked using OCR grade boundaries for 9-1, grades inputted into class marksheet tracked against target grade.</p>	<p>Assessment will consist of:</p> <ul style="list-style-type: none"> <li>AO1 style low stakes testing at the start of every lesson.</li> <li>AO1, AO2 and AO3 assessed in tasks/silent study through self/peer assessment.</li> <li>AO1, AO2 and AO3 assessed in end of topic tests at the end of each unit.</li> </ul> <p>Progress tracked using OCR grade boundaries for 9-1, grades inputted into class marksheet tracked against target grade.</p>	<p>Assessment will consist of:</p> <ul style="list-style-type: none"> <li>AO1 style low stakes testing at the start of every lesson.</li> <li>AO1, AO2 and AO3 assessed in tasks/silent study through self/peer assessment.</li> <li>AO1, AO2 and AO3 reviewed in coursework</li> </ul> <p>Using grading criteria from OCR analysing and evaluating performance (J587/05)</p>	<p>Assessment will consist of:</p> <ul style="list-style-type: none"> <li>AO1 style low stakes testing at the start of every lesson.</li> <li>AO1, AO2 and AO3 assessed in tasks/silent study through self/peer assessment.</li> <li>AO1, AO2 and AO3 assessed in end of topic tests at the end of each unit.</li> </ul> <p>Progress tracked using OCR grade boundaries for 9-1, grades inputted into class marksheet tracked against target grade.</p>	<p>Assessment will consist of:</p> <ul style="list-style-type: none"> <li>AO1 style low stakes testing at the start of every lesson.</li> <li>AO1, AO2 and AO3 assessed in tasks/silent study through self/peer assessment.</li> <li>AO1, AO2 and AO3 assessed in end of topic tests at the end of each unit.</li> <li>PRACTICAL – application of core and advanced skills across 3 sports (main focus on sport 3)</li> </ul> <p>Progress tracked using OCR grade boundaries for 9-1, grades inputted into class marksheet tracked against target grade.</p>	<p>Assessment will consist of:</p> <ul style="list-style-type: none"> <li>AO1 style low stakes testing at the start of every lesson</li> <li>AO1, AO2 and AO3 assessed in end of topic tests at the end of each unit</li> </ul> <p>Progress tracked using NCFE grade boundaries for L1PMD + L2PMD, grades inputted into class PLC.</p>
Key Vocabulary/litara cy opportunities	<p>Each topic has key terms and vocabulary that students will need to show knowledge of to access the appropriate band for AO1 – knowledge and understanding</p>	<p>Each topic has key terms and vocabulary that students will need to show knowledge of to access the appropriate band for AO1 – knowledge and understanding</p>	<p>Each topic has key terms and vocabulary that students will need to show knowledge of to access the appropriate band for AO1 – knowledge and understanding</p>	<p>Each topic has key terms and vocabulary that students will need to show knowledge of to access the appropriate band for AO1 – knowledge and understanding</p>	<p>Each topic has key terms and vocabulary that students will need to show knowledge of to access the appropriate band for AO1 – knowledge and understanding</p>	<p>Each topic has key terms and vocabulary that students will need to show knowledge of to access the appropriate band for AO1 – knowledge and understanding Practical students will need to know which are core and advanced skills</p>
Connected Knowledge	<p><b>Links to practical Core PE – (Year 7-11)</b> The role of the heart delivering blood and oxygen around the body – emphasised in warm-ups. Types of muscle – muscles referred to in practical PE and their role in health and fitness activities. Muscle fibre Types – referred to in Athletics – short and long distance events. <b>Linked to Home learning tasks completed in Years 7,8 and 9 that fit in line with GCSE practical specification.</b> <b>Links to other topics</b> – Coursework, analysing and evaluating performance. <b>A Level PE</b> – <i>Evolution of modern sport. Ethics and deviance in sport. Goal setting in performance.</i> <b>BTEC Sport Level 3</b> - <i>Structure and function of the respiratory system, structure and functions of the muscular system; types, contractions and fibre types</i></p>	<p><b>Links to practical Core PE – (Year 7-11)</b> The role of the heart delivering blood and oxygen around the body – emphasised in warm-ups. 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Links to C+C				Healthy eating and lifestyle factors	Healthy eating and lifestyle factors	
<p><b>IMPACT:</b> Students will learn the content that is assessed in 2 ways, through an internal and external assessment. Once all content has been covered students will undertake an internal assessment in the form of coursework. At the end of Year 11 pupils will be assessed by a moderator for the practical element, as well as completing 2 papers for external assessment. Students progress will be tracked through frequent assessment points for both the internal and external assessment, progress will be tracked using the OCR grade boundaries (9-1).</p>						