

Year 11 PE GCSE

Timing	Unit Title	Key Question	Knowledge	Assessing understanding
Autumn - Dec	Paper 2: Health and Performance Sports Psychology	Can you explain the psychological factors that affect development of a skill?	<ul style="list-style-type: none"> • How to classify sports skills as open/closed, basic/complex and low organisation/high organisation • Practice structures – massed, distributed, fixed and variable • How to apply these to choose the best practice to develop a range of skills 	<p>How understanding is assessed</p> <ul style="list-style-type: none"> • Students will be able to understand and explain how to classify different sports skills. • Students will be able to explain why different practice structures are used. • Students will be able explain how a range of skills can be developed. <p>Skills</p> <ul style="list-style-type: none"> • Demonstration of knowledge and understanding in class, homework tasks and end of unit tests. • Explaining reasons why • Define key terminology • Analysis and interpretation • Analysis and interpretation of graphs <p>Assessment Point information</p> <ul style="list-style-type: none"> • Classwork and homework • Long answer questions • End of unit tests
	Component 3: Practical	Netball, Hockey and Volleyball	<ul style="list-style-type: none"> • Understand what you will need to do for the practical component of the course • Understand what activities you can do 	<p>How understanding is assessed</p> <p>- Through practical demonstration and verbal theoretical understanding</p>

			<ul style="list-style-type: none"> Understand how you will be assessed and marked on your practical performances Understand how to prepare effectively for your performances 	<p>Skills</p> <ul style="list-style-type: none"> Team based according to the assessment criteria. Pupils will be assessed on two areas: <ol style="list-style-type: none"> The performance of skills and techniques in isolation/unopposed situations (/10) Application of skills, techniques and decision making under pressure during a conditioned practiced and conditioned/formal/competitive situation (/25) <p>Total: / 35</p> <p>Assessment Point information (if applicable)</p> <ul style="list-style-type: none"> Internally marked and externally moderated.
Spring Jan – March	Mock Exam and Exam Preparation	Intervention: Use of data, Long Answer Questions	<p><u>Long Answer Questions:</u></p> <p>AO1: Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO2: Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO3: Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.</p> <p><u>Data – Interpreting Graphs:</u></p> <ul style="list-style-type: none"> Look at a particular aspect of what is happening as an athlete exercises Be able to make a quick visual comparison, between athletes or between sports 	<p>How understanding is assessed</p> <ul style="list-style-type: none"> Identified in long answer questions through marks achieved and how pupils structure their answers. Mock exam and end of unit tests SPaG <p>Skills</p> <ul style="list-style-type: none"> Applying knowledge and understanding in exam papers <p>Assessment Point information (if applicable)</p> <ul style="list-style-type: none"> Mock exam / End of unit tests <p>How understanding is assessed</p> <ul style="list-style-type: none"> Lesson and homework tasks

			<ul style="list-style-type: none"> Look in more detail at where changes or issues occur, by analysing what is found on the graph 	<ul style="list-style-type: none"> End of unit tests <p>Skills</p> <ul style="list-style-type: none"> Producing graphs for PEP Interpret graphs during exam Understanding and analysing a variety of different graphs <p>Assessment Point information (if applicable)</p> <ul style="list-style-type: none"> Mock exam / End of unit tests
March	Preparation for Moderation Day	Revision and Practical Preparation	<ul style="list-style-type: none"> Gather video evidence for practical performance Understand what the moderation day entails. 	<p>How understanding is assessed</p> <ul style="list-style-type: none"> Internally moderated and externally assessed. <p>Skills</p> <p>Demonstration of the skills outlined below:</p> <ul style="list-style-type: none"> Pupils will be assessed on two areas: <ol style="list-style-type: none"> The performance of skills and techniques in isolation/unopposed situations (/10) Application of skills, techniques and decision making under pressure during a conditioned practiced and conditioned/formal/competitive situation (/25) <p>Total: / 35</p> <p>Assessment Point information (if applicable)</p> <ul style="list-style-type: none"> Internally marked and externally moderated.
Summer	Revision Sessions	Revision of Component 1 and Component 2	<p>C1 – Fitness and Body Systems:</p> <p>Topic 1 – Applied anatomy and physiology</p> <p>Topic 2 – Movement analysis</p> <p>Topic 3 – Physical Training</p>	<p>How understanding is assessed</p> <ul style="list-style-type: none"> Practice papers Short and long answer questions Revision tasks

			<p>C2 – Health and Performance: Topic 1 – Health, fitness and well-being Topic 2 – Sports Psychology Topic 3 – Socio-cultural influences</p>	<ul style="list-style-type: none">- Quiz's- Revision techniques <p>Skills</p> <ul style="list-style-type: none">- Demonstrate knowledge and understanding through written, verbal and practical tasks <p>Assessment Point information (if applicable)</p> <ul style="list-style-type: none">- Practice papers
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