

## Year 11 PE GCSE

Timing	Unit Title	Key Question	Knowledge	Assessing understanding
Autumn - Spring	<b>Paper 1: Fitness and Body Systems Physical Training</b>	<b>Can you explain how injury and drug use can affect your practical performance?</b>	<ul style="list-style-type: none"> <li>Identify what a PAR-Q is, and how it is used in training</li> <li>How to prevent injury through correct training, warming up and cooling down, wearing appropriate clothing, checking equipment and facilities, and playing to the rules.</li> <li>Some common injuries in sport and how to treat injuries: RICE</li> <li>Performance-enhancing drugs and their positive and negative effects</li> </ul>	<p><b>How understanding is assessed</b></p> <ul style="list-style-type: none"> <li>Apply knowledge and understanding in different questions:</li> </ul> <p>AO1 - Complete, define, select, identify, label and state</p> <p>AO2 - Which, using an example, clarify, describe and give</p> <p>AO3 - Discuss, assess, analyse, examine, evaluate, explain and justify</p>
	<b>Paper 1: Fitness and Body Systems Movement Analysis</b>	<b>Can you explain how the lever systems affect the movement of the body?</b>	<ul style="list-style-type: none"> <li>First, second and third class levers and how they are used in physical activity and sport</li> <li>How lever systems affect the range of movement and their impact on sporting performance</li> </ul>	<p><b>Skills</b></p> <ul style="list-style-type: none"> <li>Demonstration of knowledge and understanding in class, homework tasks and end of unit tests.</li> <li>Define key terminology</li> <li>Explaining reasons why</li> <li>Analysis and interpretation</li> <li>Analysis and interpretation of graphs</li> </ul>
	<b>Paper 2: Health and Performance Socio- Cultural Influences</b>	<b>Can you explain the different socio-cultural influences affect participation in sport and physical activity?</b>	<ul style="list-style-type: none"> <li>Understand the impact that gender, age, socio-economic group, ethnicity, disability, and the other people's influence have on participation in sport</li> <li>Understand how to interpret data in graphs about participation rates</li> <li>Understand how commercialisation and the media affect sport, and their impact on those involved.</li> <li>Understand trends in sport</li> <li>Understand different types of sporting behaviour.</li> </ul>	<p><b>Assessment Point information</b></p> <ul style="list-style-type: none"> <li>Classwork and homework</li> <li>Long answer questions</li> <li>End of unit tests</li> </ul>

	<p><b>Paper 2 Health and Performance</b> <i>The consequences of a sedentary lifestyle</i></p>	<p><b>Can you explain the consequences of a sedentary lifestyle?</b></p>	<ul style="list-style-type: none"> <li>● Explain what a sedentary lifestyle is</li> <li>● The consequences of a sedentary lifestyle for health</li> <li>● How to interpret and analyse graphs showing health trends</li> </ul>	
	<p><b>Component 3: Practical</b></p>	<p><b>All sports</b></p>	<ul style="list-style-type: none"> <li>● Understand what you will need to do for the practical component of the course</li> <li>● Understand what activities you can do</li> <li>● Understand how you will be assessed and marked on your practical performances</li> <li>● Understand how to prepare effectively for your performances</li> </ul>	<p><b>How understanding is assessed</b></p> <ul style="list-style-type: none"> <li>- Through practical demonstration and verbal theoretical understanding</li> </ul> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Team based according to the assessment criteria.</li> <li>- Pupils will be assessed on two areas:             <ol style="list-style-type: none"> <li>1. The performance of skills and techniques in isolation/unopposed situations (/10)</li> <li>2. Application of skills, techniques and decision making under pressure during a conditioned practised and conditioned/formal/competitive situation (/25)</li> </ol>             Total: / 35           </li> </ul> <p><b>Assessment Point information (if applicable)</b></p> <ul style="list-style-type: none"> <li>- Internally marked and externally moderated.</li> </ul>

Summer	<b>Revision Sessions</b>	<b>Revision of Component 1 and Component 2</b>	<p><b>C1 – Fitness and Body Systems:</b>  Topic 1 – Applied anatomy and physiology  Topic 2 – Movement analysis  Topic 3 – Physical Training</p> <p><b>C2 – Health and Performance:</b>  Topic 1 – Health, fitness and well-being  Topic 2 – Sports Psychology  Topic 3 – Socio-cultural influences</p>	<p><b>How understanding is assessed</b></p> <ul style="list-style-type: none"> <li>- Practice papers</li> <li>- Short and long answer questions</li> <li>- Revision tasks</li> <li>- Quizzes</li> <li>- Revision techniques.</li> </ul> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Demonstrate knowledge and understanding through written, verbal and practical tasks</li> </ul> <p><b>Assessment Point information (if applicable)</b></p> <ul style="list-style-type: none"> <li>- Practice papers</li> </ul>
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