

Year 11 PE GCSE

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

	Paper 2 Health and Performance <i>The consequences of a sedentary lifestyle</i>	Can you explain the consequences of a sedentary lifestyle?	<ul style="list-style-type: none"> ● Explain what a sedentary lifestyle is ● The consequences of a sedentary lifestyle for health ● How to interpret and analyse graphs showing health trends 	
	Component 3: Practical	All sports	<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 ● Understand how you will be assessed and marked on your practical performances ● Understand how to prepare effectively for your performances 	<p>How understanding is assessed</p> <ul style="list-style-type: none"> - Through practical demonstration and verbal theoretical understanding <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"> 1. The performance of skills and techniques in isolation/unopposed situations (/10) 2. Application of skills, techniques and decision making under pressure during a conditioned practised and conditioned/formal/competitive situation (/25) <p>Total: / 35</p> <p>Assessment Point information</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 Topic 2 – Movement analysis Topic 3 – Physical Training</p> <p>C2 – Health and Performance:</p> <p>Topic 1 – Health, fitness and well-being Topic 2 – Sports Psychology Topic 3 – Socio-cultural influences</p>	<p>How understanding is assessed</p> <ul style="list-style-type: none"> - Practice papers - Short and long answer questions - Revision tasks - Quizzes - Revision techniques <p>Skills</p> <ul style="list-style-type: none"> - Demonstrate knowledge and understanding through written, verbal and practical tasks

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