

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?	- 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 Apply knowledge and understanding in different questions: AO1 - Complete, define, select, identify, label and state AO2 - Which, using an example, clarify, describe and give AO3 - Discuss, assess, analyse, examine, evaluate, explain and justify
	Paper 1: Fitness and Body Systems <i>Movement Analysis</i>	Can you explain how the lever systems affect the movement of the body?	- 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 - 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?	- 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.	Assessment Point information - Classwork and homework - Long answer questions - End of unit tests

			- Understand trends in sport - Understand different types of sporting behaviour.	
	Paper 2 Health and Performance <i>The consequences of a sedentary lifestyle</i>	Can you explain the consequences of a sedentary lifestyle?	- 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	- 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	How understanding is assessed - Through practical demonstration and verbal theoretical understanding Skills - Team based according to the assessment criteria. - Pupils will be assessed on two areas: - The performance of skills and techniques in isolation/unopposed situations (/10) - Application of skills, techniques and decision making under pressure during a conditioned practised and conditioned/formal/competitive situation (/25) Total: / 35 Assessment Point information - Internally marked and externally moderated. - Live or Video Moderation undertaken in Spring 2 depending on Course Numbers
Summer	Revision Sessions	Revision of Component 1 and Component 2	C1 – Fitness and Body Systems: Topic 1 – Applied anatomy and physiology Topic 2 – Movement analysis Topic 3 – Physical Training	How understanding is assessed - Practice papers - Short and long answer questions - Revision tasks

			C2 – Health and Performance: Topic 1 – Health, fitness and well-being Topic 2 – Sports Psychology Topic 3 – Socio-cultural influences	- Quizzes - Revision techniques Skills - Demonstrate knowledge and understanding through written, verbal and practical tasks Assessment Point information - Practice papers
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