

GCSE Physical Education – Year 11

In Year 10 students will study the specification content for paper 2 (Socio-cultural issues and sports psychology). Students will also complete the assessment and action plan sections of their non-exam assessment. Each term, students will participate in one practical activity. The activities will depend on the expertise of the students.

	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Knowledge & Skills	<p>Unit 1 Sports psychology (8 Lessons)</p> <ul style="list-style-type: none"> • Skilful movement • Skill continua • Goal setting • Mental preparation • Guidance • Feedback 	<p>Unit 3 Health, fitness and wellbeing (5 Lessons)</p> <ul style="list-style-type: none"> • Key definitions • Benefits of active lifestyle • Consequences of sedentary lifestyle • Balanced diet • Hydration 	<p>Unit 5 Ethical and socio-cultural issues (4 Lessons)</p> <ul style="list-style-type: none"> • Ethics in sport • Drugs in sport • Violence in sport 	<p>Unit 8 Engagement patterns (4 Lessons)</p> <ul style="list-style-type: none"> • Trends for key cohorts • Factors affecting participation 	<p>Unit 9 Reteaching (4 Lessons)</p> <ul style="list-style-type: none"> • Specific focus depending on the class 	
	<p>Assessment 1</p> <ul style="list-style-type: none"> • Musculoskeletal system • Movement analysis • Cardiorespiratory system • Effects of exercise • Components of fitness • Principles of training • Methods of training • Injuries <p>Unit 2 AEP action plan (4 Lessons)</p> <ul style="list-style-type: none"> • Plan skill continua • Type action plan 	<p>Unit 4 AEP action plan (2 Lessons)</p> <ul style="list-style-type: none"> • Planning drills • Typing drills 	<p>Unit 6 Commercialisation of sport (4 Lessons)</p> <ul style="list-style-type: none"> • Golden Triangle • Effects of commercialisation <p>Unit 7 AEP completion (2 Lessons)</p> <ul style="list-style-type: none"> • Completion of unfinished sections and EBIs 	<p>Assessment 3</p> <ul style="list-style-type: none"> • Sports psychology • Health, fitness and wellbeing • Socio-cultural influences 	<p>Unit 10 Exam technique preparation (4 Lessons)</p> <ul style="list-style-type: none"> • Multiple choice • 6 mark answers • Sporting examples 	

See next page for
"Beyond The Curriculum"

Beyond The Curriculum	Suggested Places to visit <ul style="list-style-type: none"> • Eureka Science and discovery • The MAD museum (Stratford-upon-Avon) • Headingley stadium, Leeds • Sheffield’s English Institute of sport 	Websites to explore <ul style="list-style-type: none"> GCSE Physical Education - OCR - BBC Bitesize OCR GCSE PE Past Papers - Revision World GCSE - Physical Education (9-1) - J587 OCR GCSE PE Quizzes – The PE Classroom 	Enrichment clubs <ul style="list-style-type: none"> • Football • Rugby • Athletics • Cricket • Table tennis • Netball 	Competitions and school trips <ul style="list-style-type: none"> • Calderdale competitions (varied sports) • West Yorkshire competitions (varied sports) • English schools competitions (through qualification) • Trips to watch professional fixtures
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