

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	Unit 1 Sports psychology (8 Lessons) • Skilful movement • Skill continua • Goal setting • Mental preparation • Guidance • Feedback	Unit 3 Health, fitness and wellbeing (5 Lessons) • Key definitions • Benefits of active lifestyle • Consequences of sedentary lifestyle • Balanced diet • Hydration	Unit 5 Ethical and socio-cultural issues (4 Lessons) • Ethics in sport • Drugs in sport • Violence in sport	Unit 8 Engagement patterns (4 Lessons) • Trends for key cohorts • Factors affecting participation	Unit 9 Reteaching (4 Lessons) • Specific focus depending on the class	
	Assessment 1 • Musculoskeletal system • Movement analysis • Cardiorespiratory system • Effects of exercise • Components of fitness • Principles of training • Methods of training • Injuries	Unit 4 AEP action plan (2 Lessons) • Planning drills • Typing drills	Unit 6 Commercialisation of sport (4 Lessons) • Golden Triangle • Effects of commercialisation	Assessment 3 • Sports psychology • Health, fitness and wellbeing • Socio-cultural influences	Unit 10 Exam technique preparation (4 Lessons) • Multiple choice • 6 mark answers • Sporting examples	
	Unit 2 AEP action plan (4 Lessons) • Plan skill continua • Type action plan	Assessment 2 • Full paper 1 • Sports psychology • Health, fitness and wellbeing	Unit 7 AEP completion (2 Lessons) • Completion of unfinished sections and EBIs	See next page for “Beyond The Curriculum”		

Beyond The Curriculum	Suggested Places to visit • Eureka Science and discovery • The MAD museum (Stratford-upon-Avon) • Headingley stadium, Leeds • Sheffield's English Institute of sport	Websites to explore • 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 • Football • Rugby • Athletics • Cricket • Table tennis • Netball	Competitions and school trips • Calderdale competitions (varied sports) • West Yorkshire competitions (varied sports) • English schools competitions (through qualification) • Trips to watch professional fixtures
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