KS4: YEAR 11

PHYSICAL EDUCATION DEPARTMENT



OUR LEARNING JOURNEY

Year 11 - Term 1:
Topic 1, Health, fitness and well-being (24% of GCSE PE).
Completion of PEP – Personal exercise programme (10% of GCSE PE). Develop their ability to analyse and evaluate to improve performance in physical activity and sport.

1.1 Physical, emotional and social health, fitness and well-being
1.2 The consequences of a sedentary lifestyle
1.3 Energy use,
diet, nutrition and hydration

Term 2:
Topic 2, Sport psychology
2.1 Classification of skills (basic/ complex, open/closed)
2.2 The use of goal setting and SMART targets to improve and/or optimise performance
2.3 Guidance and feedback on performance
2.4 Mental preparation for performance

3.3 Ethical and socio-cultural issues in physical activity and sport
Topic 4, The use of data
4.1 Use of data
Practical assessment (30% of GCSE PE) External moderation assessment.

Term 3: Topic 3, Socio-cultural influences
3.1 Engagement patterns of different social groups in physical activity and sport
3.2 Commercialisation of physical activity and sport
Completion and hand in of PEP – Personal exercise programme (10% of GCSE PE).

Practical assessment (30% of GCSE PE) Perform effectively in different physical activities by developing skills and techniques and selecting tactics, strategies and/or compositional ideas.

AUTUMN 1:1
AUTUMN 1:2
SPRING 2:1
SPRING 2:2
SUMMER 3:1
SUMMER 3:2

St John Henry Newman Catholic School