


Year: 11 Subject: GCSE PE	Curriculum Intent: Students will consolidate their knowledge by completing coursework. Many of these topics have been covered in Year 9 and 10. Therefore, Year 11 will be ensuring that core foundation knowledge is and consistently revisited by completing exam questions of varying difficulty. Students will develop their understanding through many real-world sporting examples to allow them to build application skills and provide examples as an illustration. There will be a progression in skills as the ability of the students progresses. Giving students the opportunity to engage in the more challenging extended writing questions as the content delivery and sequence allows.					
	Term 1 <i>Non-exam assessment (NEA)</i>		Term 2 <i>Paper 1 Revision</i> <i>Paper 2 Revision</i>		Term 3	
Topic Titles (in order of delivery)	1. Evaluation of Fitness 2. Analysis of Components of Fitness 3. Overview of Skills 4. Evaluation of Skills	1. Movement Analysis 2. Action Plan	1. Section 1.2 Revision 2. Section 1.1 Revision	1. Section 2.1 Revision 2. Section 2.2 Revision 3. Section 2.3 Revision		
Key knowledge / Retrieval topics	1. Cooper, multi stage fitness test, press up, sit up bleep test, 30M sprint, hand grip dynamometer, one rep max, standing jump, vertical jump, sit & reach, illinois, stork stand, wall throw, ruler drop 2. Cardiovascular Endurance, Muscular Endurance, Speed, Strength,	1. Bones (cranium, vertebrae, ribs, sternum, clavicle, scapula, pelvis, humerus, ulna, radius, carpals, metacarpals, phalanges, femur, patella, tibia, fibula, tarsals, metatarsals), Muscles (deltoid, trapezius, latissimus dorsi, pectorals, biceps, triceps,	1. Components of Fitness, Principles of Training, Fitness Testing, Methods of Training, Prevention of Injury 2. Location of Major Bones, Functions of the Skeleton, Types and Components of Synovial Joint, Types of Movement,	1. Physical Activity, Participation, Commercialisation, Ethics in Sport, Drugs and Violence 2. Characteristics of Skilful Movement, Classification of Skills, Goal Setting, Mental Preparation, Types of Guidance, Types of Feedback		

	<p>Power, Flexibility, Agility, Balance, Coordination, Reaction Time</p> <p>3. As identified per sport in GCSE PE Specification</p> <p>4. As identified per sport in GCSE PE Specification</p>	<p>abdominals, quadriceps, hamstrings, gluteals , gastrocnemius), Types of Movement (flexion, extension, rotation, abduction, adduction, circumduction), Role of Muscles (agonist, antagonist, fixator)</p> <p>2. Principles of Training (SPORT, FITT), Detailed Drills, SMART Targets</p>	<p>Location of Major Muscles, Role of Muscles, Lever Systems, Planes of Movement, Axes of Rotation, Structure and Function of the Cardiovascular System, Structure and Function of the Respiratory System, Aerobic and Anaerobic Exercise, Short Term Effects of Exercise, Long term Effects of Exercise</p>	<p>3. Health, Fitness and Well-Being, Diet and Nutrition</p>		
<p>Understanding / Sequence of delivery</p>	<p>1. Evaluate the strengths and weaknesses of own fitness levels</p> <p>2. Justify the importance of each component of fitness in chosen sport</p> <p>3. Give an accurate overview of all the key skills required for chosen sport</p>	<p>1. Detailed and accurate breakdown of movement analysis and skill classification for chosen skill</p> <p>2. Production of detail action plan for improvement of skill performance in chosen sport</p>	<p>AO1 – MCQ/SAQ AO2 – SAQ with practical examples AO3 – LAQ with analysis</p>	<p>AO1 – MCQ/SAQ AO2 – SAQ with practical examples AO3 – LAQ with analysis</p>		

	4. Give an accurate assessment of strength and weaknesses of the skills in chosen sport					
Assessment	Theory <ul style="list-style-type: none"> • AO1 – MCQ/SAQ • AO2 – SAQ with practical examples • AO3 – LAQ with analysis 	Theory <ul style="list-style-type: none"> • AO1 – MCQ/SAQ • AO2 – SAQ with practical examples • AO3 – LAQ with analysis 	Theory <ul style="list-style-type: none"> • AO1 – MCQ/SAQ • AO2 – SAQ with practical examples • AO3 – LAQ with analysis 	Theory <ul style="list-style-type: none"> • AO1 – MCQ/SAQ • AO2 – SAQ with practical examples • AO3 – LAQ with analysis 		
	Practical <ul style="list-style-type: none"> • Range of Skills • Quality of Skills • Physical Attributes • Decision Making 	Practical <ul style="list-style-type: none"> • Range of Skills • Quality of Skills • Physical Attributes • Decision Making 	Practical <ul style="list-style-type: none"> • Range of Skills • Quality of Skills • Physical Attributes • Decision Making 	Practical <ul style="list-style-type: none"> • Range of Skills • Quality of Skills • Physical Attributes • Decision Making 		
	Coursework <ul style="list-style-type: none"> • Evaluation of Fitness • Analysis of Components of Fitness • Overview of Skills • Evaluation of Skills • Movement Analysis • Action Plan 	Coursework <ul style="list-style-type: none"> • Evaluation of Fitness • Analysis of Components of Fitness • Overview of Skills • Evaluation of Skills • Movement Analysis • Action Plan 	Coursework <ul style="list-style-type: none"> • Evaluation of Fitness • Analysis of Components of Fitness • Overview of Skills • Evaluation of Skills • Movement Analysis • Action Plan 	Coursework <ul style="list-style-type: none"> • Evaluation of Fitness • Analysis of Components of Fitness • Overview of Skills • Evaluation of Skills • Movement Analysis • Action Plan 		