



Academic Learning Plan Year 11 GCSE PE

Intent: The GCSE PE course encourages learners to be inspired, motivated and challenged by the subject and enables them to make informed decisions about further learning opportunities and career pathways. The course will equip learners with the knowledge, understanding, skills and values to develop and maintain their performance in physical activities as well as understanding the benefits to health, fitness and well-being.



	Weeks 1-4	Weeks 5-8	Weeks 9-12	Weeks 13-16	Weeks 17-21	Weeks 22-25	Weeks 26-29
Units	Analysing & evaluating Performance (coursework)	Engagement Patterns of Different Social Groups in Physical Activities & Sports	Commercialisation of Physical Activity & Sport	Ethical & Social-Cultural Issues in Physical Activity & Sport	Sports Psychology	Health, Fitness & Wellbeing	Revision
Content	<p>(Non-exam Assessment) Synoptic component which draws on the knowledge, skills and understanding learnt throughout the course.</p> <p>Students analyse and evaluate their own performance or that of a peer in a chosen sport to identify strengths and weaknesses.</p> <p>Students create an action/training plan to subsequently improve the athletic performance.</p>	<p>Become familiar with current UK trends and differing participation levels in various physical activities, sports & social groups.</p> <p>Using different sources (Sport England, National Governing Bodies, Department of Media, Culture & Sport) students will be able to interpret & compare participation level data for different sports, social groups & physical activities.</p> <p>Know & explain how different factors affect participation levels.</p> <p>Know and be able to explain strategies which can increase participation levels.</p>	<p>Explain the influence of media on the commercialisation of sport & physical activity.</p> <p>Define commercialisation.</p> <p>Explain the 'Golden Triangle' (sport, sponsorship, media).</p> <p>The positive/negative effects of media on commercialisation of sport & PA, including examples.</p> <p>The influence (positive & negative) of sponsorship on the commercialisation of PA & sport.</p>	<p>Define and explain value of sportsmanship with examples.</p> <p>Define gamesmanship & deviance and the reasons for both in sport (with examples).</p> <p>Know the reasons why performers use performance drugs.</p> <p>Know the drugs and their effect on performance in the sports they are used in.</p> <p>Know the negative side effects of different drugs.</p> <p>Know the impact of drugs on a sport itself.</p> <p>Know & understand the reasons for player violence (with examples).</p>	<p>Define motor skills.</p> <p>Know and apply the 5 characteristics of skilful movement.</p> <p>Know the 2 continua used in the classification of skills and be able to place (and justify) skills on each continuum.</p> <p>Understand the purpose of goal setting for exercise/training adherence, motivation, improve performance.</p> <p>Know and apply with examples each letter of the SMART principle.</p> <p>Know and give practical examples of four mental preparation techniques.</p> <p>Understand the four types of guidance & be able to give practical examples.</p> <p>Know the advantages/disadvantages of each type of guidance.</p> <p>Know the 6 types of feedback & be able to give practical examples.</p>	<p>Define Health, fitness & well-being and interpret data about them.</p> <p>Know the benefits of regular physical activity & consequences of a sedentary lifestyle for different age groups, including potential physical, mental and social side effects.</p> <p>Define balanced diet and the 7 components as well as their individual importance.</p> <p>Know the effect of diet/hydration on energy levels in physical activity.</p> <p>Apply sports examples to dietary/hydration needs.</p>	<p>Revision Checklist</p> <p>Revision techniques 'Walking, talking mocks'</p>
Literacy	Students practice exam extended answer questions. Students are encouraged to read task instructions/ their answers to the class.	Students practice exam extended answer questions. Students are encouraged to read task instructions/ their answers to the class.	Students practice exam extended answer questions. Students are encouraged to read task instructions/ their answers to the class.	Students practice exam extended answer questions. Students are encouraged to read task instructions/ their answers to the class.	Students practice exam extended answer questions. Students are encouraged to read task instructions/ their answers to the class.	Students practice exam extended answer questions. Students are encouraged to read task instructions/ their answers to the class.	
Knowledge organiser	Key terms and definitions in work booklets. Students are issued a glossary of key terms booklet (also electronically on Teams).	Key terms and definitions in work booklets. Students are issued a glossary of key terms booklet (also electronically on Teams).	Key terms and definitions in work booklets. Students are issued a glossary of key terms booklet (also electronically on Teams).	Key terms and definitions in work booklets. Students are issued a glossary of key terms booklet (also electronically on Teams).	Key terms and definitions in work booklets. Students are issued a glossary of key terms booklet (also electronically on Teams).	Key terms and definitions in work booklets. Students are issued a glossary of key terms booklet (also electronically on Teams).	
Assessment	Students complete an end of unit test with a range of exam style questions. Students complete regular definitions tests.	Students complete an end of unit test with a range of exam style questions. Students complete regular definitions tests.	Students complete an end of unit test with a range of exam style questions. Students complete regular definitions tests.	Students complete an end of unit test with a range of exam style questions. Students complete regular definitions tests.	Students complete an end of unit test with a range of exam style questions. Students complete regular definitions tests.	Students complete an end of unit test with a range of exam style questions. Students complete regular definitions tests.	

Homework

Students are expected to revise for regular end of unit tests and fortnightly definitions tests. Students are expected to practice/train/compete in their chosen 3 sports in their own time and keep a written competitive log of this activity.

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Future careers/opportunities include:
Sports coaching, personal training, sports science, physiotherapy, leisure industry, working for NGBs, PE teaching, A level PE.