

21/22: Year 11 Curriculum and Assessment Map

KS4		Subject				
Intent	<p>Throughout the PE GCSE years, our students have the opportunity to study Edexcel GCSE PE 9-1. The course provides students with a breadth of knowledge and strong academic base, preparing them for future studies both at post 16 and university level, whilst providing an insight into the potential career opportunities available in sport. Students will cover a variety of key topics ranging from the musculoskeletal, cardiovascular, and respiratory systems to socio-cultural issues surrounding sport such as the use of performance enhancing drugs in elite sport. By the end of year 11 students should have a clear understanding of all aspects of the GCSE course. Year 10 students would have built a strong foundation to allow them to deepen their understanding in year 11, to give them the tools to achieve their full potential</p> <p>Students will be expected to drive their own personal standards, demonstrating, and developing their levels of maturity and independence. Empowering students to develop their leadership qualities through leading warmups. Students will also have to opportunity to organise inter school tournaments in a variety of sports to their peers.</p> <p>Catch up Tutoring will be provided from September the students who are most behind supporting their understanding of core concepts/topic knowledge and deepening and developing their core knowledge and skills.</p> <p>From November individual targeted intervention will be provided to fill further specific needs and gaps and to refine skills required for the GCSEs/Vocational subjects</p>					
	September - December		January - March		April - July	
Implementation	<p>Component 1: Fitness and Body Systems</p> <p>Topic 3 – Physical Training</p> <p>3.1 The relationship between health and fitness and the role that exercise plays in both</p> <p>3.2 The components of fitness, benefits for sport and how fitness is measured and improved</p> <p>3.3 The long-term effects of exercise</p> <p>3.4 Effective use of warm up and cool down</p> <p>Topic 4: Use of data</p> <p>4.1 Use of data</p>	<p>Topic 1: Applied anatomy and physiology</p> <p>1.1 The structure and functions of the musculoskeletal system</p> <p>1.2 The structure and functions of the cardiorespiratory system</p> <p>1.3 Anaerobic and aerobic exercise</p> <p>1.4 The short- and long-term effects of exercise</p> <p>Topic 4: Use of data</p> <p>4.1 Use of data</p>	<p>Component 2: Health and Performance</p> <p>Topic 1: Health, fitness, and wellbeing</p> <p>1.1 Physical, emotional, and social health, fitness, and wellbeing</p> <p>1.2 The consequences of a sedentary lifestyle</p> <p>1.3 Energy use, diet, nutrition, and hydration</p> <p>Component 1: Fitness and Body Systems</p> <p>3.3 The principles of training and their application to personal exercise/ training programmes</p> <p>Component 4: Personal Exercise Programme</p>	<p>Topic 2: Sport psychology</p> <p>2.1 Classification of skills (basic/ complex, open/closed)</p> <p>2.2 The use of goal setting and SMART targets to improve and/or optimise performance</p> <p>2.3 Guidance and feedback on performance</p> <p>2.4 Mental preparation for</p>	<p>Topic 3: Socio-cultural influences</p> <p>3.1 Engagement patterns of different social groups in physical activity and sport</p> <p>3.2 Commercialisation of physical activity and sport</p> <p>3.3 Ethical and socio-cultural issues in physical activity and sport</p>	<p>Topic 2: Movement analysis</p> <p>2.1 Lever systems, examples of their use in activity and the mechanical advantage they provide in movement</p> <p>2.2 Planes and axes of movement</p>

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<p>Component 3 – Practical Performance – Individual & Team</p> <p>Table Tennis - A variety of skills and concepts will continue to be developed and transferred from team games/outwitting opponents and striking & fielding and applied to Table Tennis.</p> <p>Development of skills, understanding the components of the game and applying them in conditioned games, such as serving, drive and push shots and the smash. Understanding how a healthy body and mind impacts on games. Using imaginative ways to outwit opponents and problem solve.</p>	<p>Component 3 – Practical Performance – Individual & Team</p> <p><u>Association Football</u> - Development of skills, understanding the components of Football and applying them in conditioned games. Using imaginative ways to outwit opponents and problem solve.</p> <p>Development of attacking play, defensive, set plays. Passing, dribbling, shooting, goalkeeping,</p> <p>Exploring the different roles and responsibilities of the players and the officials. Create scoring opportunities and demonstrate basic attacking and defensive play.</p> <p>Apply appropriate skills in a competitive situation and will be able to conduct self and peer assessment.</p>	<p>Aim and planning analysis Carrying out and monitoring the PEP Evaluation of the PEP</p> <p>Component 3 – Practical Performance – Individual & Team</p> <p>Table Tennis - A variety of skills and concepts will continue to be developed and transferred from team games/outwitting opponents and striking & fielding and applied to Table Tennis.</p> <p>Development of skills, understanding the components of the game and applying them in conditioned games, such as serving, drive and push shots and the smash. Understanding how a healthy body and mind impacts on games. Using imaginative ways to outwit opponents and problem solve</p>	<p>performance</p> <p>Component 3 – Practical Performance – Individual & Team</p> <p><u>Basketball</u> - Development of skills and understanding of aims, rules, tactics, and strategies. The triple threat, passing and defensive drills.</p> <p>Development of plays and tactics. Identifying areas of strength and weakness and suggesting how to improve.</p> <p>Development of skills and selecting appropriate skills, understanding the components of the game and applying them in conditioned situations.</p> <p>Understanding how a healthy body and mind impacts on games. Dealing with competition and learning how to win/lose. Using imaginative ways to outwit opponents.</p>	<p>Component 3 – Practical Performance – Individual & Team</p> <p><u>Association Football</u> - Development of skills, understanding the components of Football and applying them in conditioned games. Using imaginative ways to outwit opponents and problem solve.</p> <p>Development of attacking play, defensive, set plays. Passing, dribbling, shooting, goalkeeping,</p> <p>Exploring the different roles and responsibilities of the players and the officials. Create scoring opportunities and demonstrate basic attacking and defensive play.</p> <p>Apply appropriate skills in a competitive situation and will be able to conduct self and peer assessment.</p>	<p>Component 3 – Practical Performance – Individual & Team</p> <p>Table Tennis - A variety of skills and concepts will continue to be developed and transferred from team games/outwitting opponents and striking & fielding and applied to Table Tennis.</p> <p>Development of skills, understanding the components of the game and applying them in conditioned games, such as serving, drive and push shots and the smash. Understanding how a healthy body and mind impacts on games. Using imaginative ways to outwit opponents and problem solve</p>
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	<i>AP1</i>	<i>AP2</i>	<i>AP3</i>
Impact	<i>Winter Mock Exams</i>	<i>Exam based questions Internal Class Assessment</i>	<i>Spring Mock Exams External Spring Exams NEAs</i>
			<i>External Summer National Exams</i>