

Year 11 GCSE PE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic/Unit to be studied	<p><b>2.3 Health, fitness and Well-being</b></p> <p>Students will develop their knowledge and understanding of the benefits of participating in physical activities and sport to health, fitness and well-being as well as having a clear definition of health and fitness. Learners will know about the physical, emotional and social benefits as well as the consequences of a sedentary lifestyle. Learners will develop their knowledge and understanding of diet and nutrition. Learners will understand the main components of a balanced diet, including the effects of these components and hydration on performers using a range of examples from physical activities and sports.</p>	<p><b>2.1 Socio-cultural Issues</b></p> <p>Physical activities and sports play an integral part of society in the UK. Students will develop their knowledge and understanding of the factors that continue to impact on physical activities and sports in the UK today. Students will be introduced to engagement patterns of different social groups in physical activities and sports.</p>	<p><b>2.1 Socio-cultural issues</b></p> <p>Students will develop their understanding of the influences of commercialism and the media on physical activities and sports. The ethical and socio-cultural issues in physical activities and sports will enable learners to develop their understanding of sportsmanship, gamesmanship and deviance in sport along with being able to apply theories to practical examples from physical activities and sports.</p>	<p><b>1.1The Body Systems</b></p> <p>Students will develop their knowledge and understanding of the structure and function of the cardiovascular system. Blood vessels and blood cells with their pathway through the heart will be understood along with definitions of key cardiac terms. Learners will understand the pathway of air through the respiratory system and know the role of the respiratory muscles and alveoli during breathing, along with an understanding of key definitions.</p>	Students sit the exam early May	
Core Knowledge and skills	<p>2.3 Health, fitness and Well-being</p> <p>Diet &amp; Nutrition</p>	<p>2.1a Engagement Patterns of different social groups in physical activities and sport</p> <p>2.1b Commercialisation of Physical Activity and Sport</p>	2.1c Ethical and Socio-cultural Issues in Sport and Physical Activity	<p>1.1d The cardio-vascular and Respiratory Systems</p> <p>1.1e Effects of exercise on the body systems</p>		

<b>Assessment</b>	Nov mock exam	End of topic test 2.1 a/b/c February half term	End of topic test 1.1d/e Easter	Exam in May	
<b>Assessment for and of Learning</b>	<ul style="list-style-type: none"> <li>- Low stakes testing through Quizlets/Kahoots throughout lessons</li> <li>- End of Unit tests at the end of each phase</li> <li>- 8 mark written assessment for each topic covered</li> <li>- December mock exam</li> <li>- Spring practical moderation</li> </ul>				
<b>Practical Activities covered (cohort dependent)</b>					
Netball	Trampolining				
Football	Tennis				
Hockey	Athletics				
Badminton					
Handball					
Rugby					