

Year 11 Physical Education & Sport

AQA Physical Education (PE) - the course has been designed to build on the knowledge, application and experience of physical education and sport from Year 10 GCSE PE and deepen the development of knowledge and understanding to help prepare students for further study of AQA GCSE PE. In Year 11, students' new knowledge covering the principles of training, training methods, social-cultural influences and the sports psychology side of sport will assist in the preparation for the NEA element of coursework. Students will continue to have time to develop and secure their practical performances and higher skill-level after school.

Methods of deepening and securing knowledge:

Retrieval practice	Retrieval tasks are the most commonly used method to support long-term learning. Retrieval tasks such as interleaving are regularly used at the start of lessons to support students in recalling key information from knowledge organisers to include in their booklet task work.
Securing content	In every lesson, students are encouraged to know specific terminology and theoretical information/apply this knowledge to a variety of sporting examples and situations and then analyse and evaluate their understanding of the theoretical elements. (A01/A02/A03 depth of knowledge).

	Autumn term 1	Autumn term 2	Spring term 1
Topic(s)	<p>The components of fitness</p> <ul style="list-style-type: none"> • Linking sports and activities to the required components of fitness. • Reasons for and limitations of fitness testing. • Measuring the components of fitness and demonstrating how data is collected. <p>The principles of training</p> <ul style="list-style-type: none"> • The principles of training and overload. • Applications of the principles of training. • Types of training (continued) with reference to the advantages and disadvantages of using these types of training for different sports. 	<p>Training methods/physical training</p> <ul style="list-style-type: none"> • Calculating intensity. • High altitude training and seasonal aspects. • Application of the principles to the analysis and evaluation task. • Considerations to prevent injuries. • Warming up and cooling down. <p>Sports psychology</p> <ul style="list-style-type: none"> • Examples of and evaluation of the types of feedback and guidance. • Arousal and the inverted u theory. • Application of how optimal arousal has to vary in relation to the skill/stress management techniques. • Aggression and personality. • Intrinsic and extrinsic motivation, including evaluation of their merits. 	<p>Social-cultural influences and wellbeing</p> <ul style="list-style-type: none"> • Engagement patterns and the factors affecting them. • Commercialisation, sponsorship and the media. • Positive and negative impacts of sponsorship and the media. • Positive and negative impacts of technology. • Conduct of performers and introduction to performance enhancing drugs (PEDs). • Advantages/disadvantages to the performer/sport of taking PEDs. • Spectator behaviour and hooliganism, including strategies to combat hooliganism. • Start to complete NEA coursework.

Assessment	Completion of knowledge organisers, booklets, tasks, end of topic tests, exam questions/practical performances.	Completion of knowledge organisers, booklets, tasks, end of topic tests, exam questions, mock exams/practical performances.	Completion of knowledge organisers, booklets, tasks, end of topic tests, exam questions/practical performances.
CEIAG <i>(Careers that are linked to that topic)</i>	Fitness advisor. Sports coach.	Sport psychologist.	

	Spring term 2	Summer term 1	Summer term 2
Topic(s)	Completion of coursework element NEA. <ul style="list-style-type: none"> • Coursework is worth 25 marks. • Analysis and evaluation of performance to bring about improvements in one performance. • Revision/recall/past papers. 		
Assessment	Completion of knowledge organisers, booklets, tasks, end of topic tests, exam questions, mock exams/practical performances. Marking of NEA coursework. Marked coursework NEA/practical - spring term 2.		
CEIAG <i>(Careers that are linked to that topic)</i>	Fitness advisor. Sports coach. Sport psychologist.		

Independent Study

Independent study is a core part of learning and supports students to develop and deepen their learning to produce their very best work. There are different types of independent study set in GCSE PE to help students complete and secure their knowledge, e.g. research tasks, mock questions, knowledge organisers and availability after school to improve practical marks.