Y11 GCSE PE Component 1

Year 11	**GCSE PE**		
Week	***Key Knowledge**- what will students know by the end of this topic?*	***Key skills**- what skills will students have developed by the end of this topic?*	***Assessment opportunities**- How is progress measure?*
1-7 Sep-Oct half term	Complete the Personal Exercise Programme (PEP – coursework). The aim of the PEP is for students to develop their ability to analyse and evaluate their personal fitness to improve/optimise performance in physical activity and sport.	Understand the physiological/fitness requirements for the sporting activity Conduct an analyse of performance or part of a performance e.g., time/distance, pass completion in each time limit, serves into a given part of the court, accuracy of throwing, etc Undertake a battery of fitness tests specific to the sporting activity Analyse pre-PEP test results Construct an appropriate aim based on developing performance through improving a component of fitness Select and justify the use of appropriate SMART targets, method(s) of training and principles of training. Complete a PAR-Q Complete planned training sessions. Evaluation of PEP	Students must carry out their chosen method(s) of training over 6-8 weeks, using appropriate principles of training to improve/optimise their performance Students will be required to analyse the data from their PEP and evaluate it to show how their performance could improve in their chosen activity. They need to make recommendations for further improvements/optimisation to their performance. Students will be assessed on the coherence and conciseness of their evaluation of their PEP, and not exceed the 1500-word limit.
Oct-Christmas	3.1.1 Definitions of fitness, health, exercise and performance and the relationship between them. 3.2.1 Components of fitness and the relative importance of these components in physical activity and sport 3.2.2 Fitness testing 3.2.3 Collection and interpretation of data from fitness test results and analysis	Exam technique - be able to apply knowledge to relevant question level. Be able to apply knowledge to sporting scenarios Be able to describe/state/define (AO1), apply using examples from sport (AO2), and explain/evaluate/analyse topics learned (AO3) Structure answers according to 'command words' in exam questions Recall key vocabulary and terminology	Ongoing teacher assessment and questioning. Regular homework – using 'The Everlearner' online platform. Regular 'Test yourself' topic tests. Formal mock assessment. Peer/Self-assessment Regular interleaving starter tests checking previous learning

	and evaluation of these against normative data tables 3.2.4 Fitness tests for specific components of fitness 3.2.5 How fitness is improved 3.3.1 Principles of training. Revision for Mocks (week beginning 21st November)	Explain key anatomical concepts. Develop the skills of analysis and evaluation of performance in physical activity and sport. Be able to identify cross curricular links between C1 and C2 factors Be able to identify cross curricular links with other subjects - especially science (anatomy and physiology), maths (data analysis), English (longer answers to 9-mark questions, writing structure etc), PSHCE (health and well-being) etc.	
Jan-Feb half term	3.3.2 Factors to consider when deciding the most appropriate training methods and training intensities 3.3.3 Use of different training methods for specific components of fitness 3.4.1 Long-term effects of aerobic and anaerobic training 3.4.2 Long-term training effects 3.4.3 Long-term training effects and benefits for musculoskeletal system 3.4.4 Long-term training effects and benefits for the cardiorespiratory system	Exam technique - be able to apply knowledge to relevant question level. Be able to apply knowledge to sporting scenarios Be able to describe/state/define (AO1), apply using examples from sport (AO2), and explain/evaluate/analyse topics learned (AO3) Structure answers according to 'command words' in exam questions Recall key vocabulary and terminology Explain key anatomical concepts. Develop the skills of analysis and evaluation of performance in physical activity and sport. Be able to identify cross curricular links between C1 and C2 factors Be able to identify cross curricular links with other subjects - especially science (anatomy and physiology), maths (data analysis), English (longer answers to 9-mark questions, writing structure etc), PSHCE (health and well-being) etc.	Ongoing teacher assessment and questioning. Regular homework – using 'The Everlearner' online platform. Regular 'Test yourself' topic tests. Formal mock assessment. Peer/Self-assessment Regular interleaving starter tests checking previous learning
Feb-Easter	3.5.1 Use of a PARQ 3.5.2 Injury prevention 3.5.3 Injuries that can occur 3.5.4 RICE (Injury treatment) 3.5.5 Performance-enhancing drugs (PEDs)	Exam technique - be able to apply knowledge to relevant question level. Be able to apply knowledge to sporting scenarios Be able to describe/state/define (AO1), apply using examples from sport (AO2), and explain/evaluate/analyse topics learned (AO3)	Ongoing teacher assessment and questioning. Regular homework – using 'The Everlearner' online platform. Regular 'Test yourself' topic tests. Formal mock assessment.

	3.6.1 Purpose and importance of warm-ups and cool downs 3.6.2 Phases of a warm-up 3.6.3 Activities included in a warm-up and cool downs Revision for mocks – week beginning 13th March	Structure answers according to 'command words' in exam questions Recall key vocabulary and terminology Explain key anatomical concepts. Develop the skills of analysis and evaluation of performance in physical activity and sport. Be able to identify cross curricular links between C1 and C2 factors Be able to identify cross curricular links with other subjects - especially science (anatomy and physiology), maths (data analysis), English (longer answers to 9-mark questions, writing structure etc), PSHCE (health and well-being) etc.	Peer/Self-assessment Regular interleaving starter tests checking previous learning
Easter-Summer exam date	4.1.1 Develop knowledge and understanding of data analysis in relation to key areas of physical activity and sport 4.1.2 Demonstrate an understanding of how data is collected, qualitative and quantitative 4.1.3/4.1.4 Present and interpret data accurately 4.1.5 Analyse and evaluate statistical data from their own results Revision of all topic areas	Exam technique - be able to apply knowledge to relevant question level. Be able to apply knowledge to sporting scenarios Be able to describe/state/define (AO1), apply using examples from sport (AO2), and explain/evaluate/analyse topics learned (AO3) Structure answers according to 'command words' in exam questions Recall key vocabulary and terminology Explain key anatomical concepts. Develop the skills of analysis and evaluation of performance in physical activity and sport. Be able to identify cross curricular links between C1 and C2 factors Be able to identify cross curricular links with other subjects - especially science (anatomy and physiology), maths (data analysis), English (longer answers to 9-mark questions, writing structure etc), PSHCE (health and well-being) etc.	Ongoing teacher assessment and questioning. Regular homework – using 'The Everlearner' online platform. Regular 'Test yourself' topic tests. Formal mock assessment. Peer/Self-assessment Regular interleaving starter tests checking previous learning