

YEAR 11 CURRICULUM PLAN FOR GCSE PE



There may be some deviation from the key learning to facilitate extra time for the analysis task and revision/retrieval lessons

| TOPIC | KEY LEARNING | ASSESSMENT |
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| Topic title for half-term 1 | Sports psychology Pupils will be able to identify, explain and demonstrate knowledge of the following topics of the AQA GCSE PE specification: <ul style="list-style-type: none"> • Skill and ability • Classifications of skill • Definitions of types of goals • The use and evaluation of setting performance and outcome goals in sporting examples • The use of SMART targets to improve and/or optimise performance • Basic information processing model | Pupils will be assessed through the following methods: <ul style="list-style-type: none"> • Formative • Summative • Seneca tasks • GCSE Pod tasks • Quizziz tasks All work will be set through Firefly |
| Topic title for half-term 2 | Sports psychology Pupils will be able to identify, explain and demonstrate knowledge of the following topics of the AQA GCSE PE specification: <ul style="list-style-type: none"> • Identify examples of, and evaluate, the effectiveness of the use of types of guidance, with reference to beginners and elite level performers • Feedback • Arousal • Inverted-U theory • How optimal arousal levels vary according to the skill being performed in a physical activity or sport. • How arousal can be controlled using stress management techniques before or during a sporting performance • Understand the difference between direct and indirect aggression with application to specific sporting examples. • Understand the characteristics of introvert and extrovert personality types, including examples of sports which suit these particular personality types. • Definition of intrinsic and extrinsic motivation, as used in sporting examples. • Evaluation of the merits of intrinsic and extrinsic motivation in sport | Pupils will be assessed through the following methods: <ul style="list-style-type: none"> • Formative • Summative • Seneca tasks • GCSE Pod tasks • Quizziz tasks All work will be set through Firefly |

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| Topic title for half-term 3 | Socio cultural influences Pupils will be able to identify, explain and demonstrate knowledge of the following topics of the AQA GCSE PE specification: <ul style="list-style-type: none"> Engagement patterns of different social groups in physical activity and sport Commercialisation Types of 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 drugs. Sporting examples of drug taking. Advantages/disadvantages to the performer/the sport of taking PED's. Spectator behaviour and hooliganism, including strategies to combat hooliganism. | Pupils will be assessed through the following methods: <ul style="list-style-type: none"> Formative Summative Seneca tasks GCSE Pod tasks Quizziz tasks All work will be set through Firefly |
| Topic title for half-term 4 | Health, fitness and well-being Pupils will be able to identify, explain and demonstrate knowledge of the following topics of the AQA GCSE PE specification: <ul style="list-style-type: none"> The meaning of health and fitness: physical, mental/emotional and social health- linking participation in physical activity to exercise, sport to health and well-being. The consequences of a sedentary lifestyle. Obesity and how it may affect performance in physical activity and sport. Somatotypes. Energy use. Reasons for having a balanced diet and the role of nutrients. The role of carbohydrates, fat, protein, vitamins and minerals. Reasons for maintaining water balance (hydration) and further applications of the topic area. | Pupils will be assessed through the following methods: <ul style="list-style-type: none"> Formative Summative Seneca tasks GCSE Pod tasks Quizziz tasks All work will be set through Firefly |
| Topic title for half-term 5 | Exam preparation Pupils will be able to identify, explain and demonstrate knowledge of the following topics of the AQA GCSE PE specification: <ul style="list-style-type: none"> AO1 practise AO2 practise AO3 practise 2018 exam paper 1 analysis 2018 exam paper 2 analysis Study techniques 1 Study techniques 2 | Pupils will be assessed through the following methods: <ul style="list-style-type: none"> Formative Summative Seneca tasks GCSE Pod tasks Quizziz tasks All work will be set through Firefly |
| Topic title for half-term 6 | Completion of GCSE assessments | |