

## Year 11 GCSE PE: Component 2: Health and Performance

In year 11 students will acquire knowledge and understanding of the factors underpinning participation and performance in physical activity and sport. Students will develop their theoretical knowledge and understanding of the contribution that physical activity and sport make to health, fitness and well-being and how these can impact on their own performance. Sports psychology will be introduced, with a focus on skill development, through relevant practice, guidance and feedback, as well as knowledge that learners can then apply to their own learning in practical situations in order to improve their performance. Key socio-cultural influences that can affect people's involvement in physical activity and sport will also be considered.

There will be a consistent approach to retrieval practise throughout the course with staff ensuring that theory is always followed up in practical lessons to highlight key concepts studied, enabling students to experience and understand the theory in sporting situ. E.g. reference to the particular methods of practise/guidance/feedback and which are most appropriate for skills or tactics being studied, reference to where the skills being studied appear on the skill classification continuums and for example, what are the factors that affect participation in the particular sport being studied. Consistent use of Brain In Gear will prevail at the start of every lesson which will allow for appropriate recall and retention throughout the two years. End of unit tests will also include content from previous topics to facilitate an appropriate level of interleaving of knowledge.

Year 11 Curriculum	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Topic(s)	<b>Execution of Personal Exercise Programme</b>  - Week 1 Practical/Write up. - Week 2 Practical/Write up. - Week 3 Practical/Write up. - Week 4 Practical/Write up. - Week 5 Practical/Write up. - Week 6 Practical/Write up.	<b>Health, fitness &amp; wellbeing</b>  - Physical, emotional and social health - Lifestyle choices - Impact of lifestyle choices - Sedentary lifestyles and consequences - Balanced diet and the role of nutrients - Dietary manipulation for sport - Optimum weight	<b>Sports psychology</b>  - Classification of skills - Forms of practice - SMART targets - Types of guidance - Mental preparation - Types of feedback - Use of graphical data for feedback	<b>Socio-cultural influences in sport</b>  - Factors affecting participation in physical activity (i) - Factors affecting participation in physical activity (ii) - Participation rate trends – use of data - Commercialisation and the media - Advantages and disadvantages of commercialisation (i) - Advantages and disadvantages of commercialisation (ii) - Sporting behaviours - Deviance in sport	<b>Revision Moderation</b>	<b>Revision Moderation</b>
<b>Assessment</b>	NEA Coursework	End of unit test.	End of unit test.	End of unit test.		

	assignment. Plan, Perform & Evaluate individual Personal Exercise Plan.	9 mark, long answer exam style question.	9 mark, long answer exam style question.	9 mark, long answer exam style question.		
--	--	--	--	--	--	--

### Independent Work

In year 11 students will spend a large amount of time working independently carrying out the Personal Exercise Programme. This will be done both in the classroom and at home in line with the requirements of the specification.  
Students will produce a booklet on the dangers of using recreational drugs when studying “Lifestyle Choices.”  
Additionally in year 11 there will be greater use of *exam style questions* for homework to further develop exam technique whilst reinforcing the prior learning.