



Overview

Students are introduced to the theoretical aspects of the course that are divided into three components. **Component 1:** The human body and movement in physical activity and sport. **Component 2:** The socio-cultural influences and well-being in physical activity and sport and **Component 3:** Practical performance in physical activity and sport They are supported with how to answer examination questions using the concept of KAE Know, Apply, Explain Why: to plan Topic areas are retrieved and interlinked throughout the two-year course. Course topics are taught in varying orders depending on the needs of the group; therefore, the delivery of topics may change across the two years

Year 11 GCSE Physical Education

Term 3

Revision

Students revisit the course and address aspects that were challenging, and misconceptions formed. Past papers and low stakes quizzing, mind mapping, clocks and grids are some of the tools used to support this.



Term 1

Socio-cultural influences.

Students evaluate the relationship between sport, business, and the media, otherwise known as 'The Golden triangle.' The affects that this has on the performer, the sport and officials.

Students then address how technology is used and the pros and cons for its use within sport.

Ethical Issues

The role of the performers conduct is addressed and the written and non-written rules that they are expected to adhere to. This then leads into the ethics of prohibited substances, the pros and cons for their use and why so many performers feel pressured to take the risk to use them.

Component 3

Coursework: Analysis and evaluation of own or another's performance



Term 2

Ethical Issues

Spectator behaviour is the final aspect of this unit and what, how and why hooliganism effects the sporting world.

Sports psychology

The mind plays a vital role in performance from goal settings, mental preparation and how to control arousal levels so that they remain in peak condition and not let their emotions take over. Students explore the difference between skills and ability and the distinct types of skill classification that sporting actions undertake. Guidance and feedback are the final aspect of the unit which looks at how groups respond differently to the differing types and the reasons for this.

Component 3 Practical: Practical performance in sporting activities