

**Key Stage 4  
GCSE PE – Y11**

**'Road Map'**



**Curriculum Intent – Studying GCSE PE will equip learners with the knowledge, understanding, skills and values to develop and maintain their performance in physical activities and understand the benefits to health, fitness and well-being.**



**Term 1**

**Term 2**

**Term 3**

**SEP - OCT**

**NOV - DEC**

**JAN - FEB**

**FEB - APR**

**APR - MAY**

**MAY - JUL**

**Characteristics of a skilful movement;** Definition of motor skills and knowledge of skilful/unskilful characteristics

**Classification of skill;** skill continuums including; simple to complex and open to closed, with application and justification.

**Types of guidance;** visual, verbal, manual and mechanical.

**Types of feedback;** intrinsic, extrinsic, knowledge of performance, knowledge of results, positive and negative.

**Goal setting;** use of goal setting for exercise adherence, motivation and to optimise performance. Application of SMART (Specific, Measurable, Achievable, Realistic, Timed) principle. Application of this to a training programme. Application of process and outcome goals.

**Mental preparation;** evaluation of techniques to optimise performance including; imagery, mental rehearsal, selective attention and positive thinking on a performers motivation and arousal levels.

**Analysing and evaluating performance task;** completion of AEP task . This will include; evaluation of fitness components in relation to chosen sport, overview of fitness components in relation to chosen sport, overview of skills in relation to chosen sport, assessment of skills in relation to chosen sport, movement analysis and classification of skill and production of six week action plan.

**Commercialisation;** golden triangle, critical evaluation of the commercialism of sport using practical examples.

**Media;** different types of media including; social, internet, TV and written press. Critical evaluation of the effects of media on commercialism, using practical examples.

**Sponsorship;** critical evaluation of the different types of sponsorship and practical application of the effect of sponsorship on commercialism of sport, using practical examples.

**Short term effects of exercise;** understand and apply the short term effects of exercise on the cardiovascular, respiratory and muscular-skeletal systems.

**Long term effects of exercise;** understand and apply the long term effects of exercise on the cardiovascular, respiratory and muscular-skeletal systems.

**Revision;** revise topics from year 10 including; the structure and function of the skeletal, muscular, cardiovascular and respiratory systems and movement analysis

**Revision;** revise topics from year 10 and 11 including; aerobic and anaerobic exercise, health, fitness and well-being, diet and nutrition, components of fitness, principles of training, optimising training, methods of training, injury prevention, physical activity and sport in the UK, participation in sport, ethics and deviance in sport, drugs in sport, characteristics of a skilful movement, classification of skill, types of guidance, types of feedback, goal setting, mental preparation , commercialisation, media, sponsorship and short and long term effects of exercise on the body

**Assessments**

**Homeworks 4 & 5**

(Identify characteristics of a skilful movements & feedback experiment repor

**Homework 6**

(Mental preparation and goal setting study (Extended Task))  
**Key Assessment 1 - Sport Psychology (16<sup>th</sup> Dec)**

**Key Assessment 2 -  
Analysing and  
evaluating  
performance**

**Homework 7 - 9**

(Media in sport extended writing task, EverLearner tasks on media and sponsorship)

**Homework 10**

(EverLearner task on effects of exercside)  
**Key Assessment 3 – Mock Exam**

**Exams:**

Physical factors affecting performance (01)  
Socio-cultural issues and sport psychology (02)

**Enrichment Opportunities**

- Engage within videos and tasks on EverLearner
- Complete past paper questions and use mark schemes which you can find on Brightspace
- Attend the drop-in session on Friday after school in PE1 to ask any questions you have
- Purchase a revision guide and use this to help with your studies

**Expectations**

To challenge yourself physically, socially and mentally to achieve your personal best. To ask questions, be inquisitive and reflect on your own and others' learning; to improve your own work as well as supporting your peers around you. To be organised, independent and responsible learners; completing your homework on-time and to a standard that you are proud of. To be a confident and resilient learner who works effectively as part of a team and contributes to class discussions; offering different perspectives.

**Assessment**

The homework that you complete will be assessed and recorded on Brightspace using the 1-9 criteria. You will also be assessed in 2 Key Assessments within Year 11, timings of which can be found above. In lessons we will also be assessing your knowledge through question and answer, self, peer and teacher assessment.