


**PE Department - Year 11 GCSE**

To develop the content learnt in Year 1 and bring in more of the content from Paper 2 of the Summer GCSE PE examinations. This year will also include the completion of the NEA Controlled Assessment which includes content covered in Years 1 & 2 of the course. Year 2 will also be used to identify final practical activity choices as well as completing practical activity intervention if needed (e.g. Road Cycling).						
 <b>Shirley High Curriculum Map</b>	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Theme/Topic/Skill:	Theme/Topic/Skill:	Theme/Topic/Skill:	Theme/Topic/Skill:	Theme/Topic/Skill:	Theme/Topic/Skill:
	Engagement patterns of different social groups in sport and physical activity	Commercialisation of physical activity and sport, and Ethical and social cultural issues in sport and physical activity	Sport Psychology and Health, Fitness and Wellbeing	Paper 1 and paper 2 revision and moderation.	Moderation and examinations.	
<b>Why Now?</b>	Understanding the engagement patterns of different groups in society introduces learners to the socio-cultural impact of sport. Students can build their knowledge on their existing understanding of sport and physical activity in society.	Understanding commercialisation in sport and the use of media in sport. This builds on students' knowledge of current sporting affairs and can link to practical examples.	Sport psychology links students' understanding of sport performance with the mental aspect of sport and physical activity. Health, fitness and wellbeing builds on students' understanding of health and nutrition.	Focus on revision for both paper & 2 examinations. Building up exam practice.	Paper 1 & 2 examinations	
<b>Fundamental Concepts</b>	<p>To know the current trends in participation in sport and physical activity for different social groups.</p> <p>To understand the different factors that can impact participation in sport and physical activity, application to sporting examples, and understanding how participation can be increased through different strategies, opportunities and provisions.</p>	<p>To understand the influences of media on sport and different types of media that can be commercialised.</p> <p>Understanding of commercialisation, the golden triangle and the positive and negative effects of the media. To understand the influence of sponsorship on the commercialisation of sport and physical activity.</p> <p>To understand the ethical issues in sport, including drugs and violence in sport.</p>	<p>To understand characteristics of skillful movers, classification of skills, as well as an understanding of goal setting, mental preparation, feedback and guidance.</p> <p>To have an understanding of health, fitness and wellbeing, and the impact of a sedentary lifestyle on physical, emotional and social wellbeing.</p> <p>To understand the key components of a balanced diet and be able to apply examples of the impact of diet and nutrition to physical activity.</p>	<p>Exam practice and revision.</p> <p>Practical moderation</p>		
<b>Students will...</b>	<ul style="list-style-type: none"> <li>Be familiar with current trends in physical activity and sport.</li> <li>Understand the following factors that affect participation:  Age, gender, ethnicity, religion, family, education, time/work, disposable income, role models, disability, discrimination, opportunity/access, environment and media coverage.</li> <li>Understand the strategies that can improve participation, especially in minority groups through improved provision, opportunities and access.</li> <li>Be able to apply sporting examples to explain participation issues in sport and physical activity.</li> </ul>	<ul style="list-style-type: none"> <li>understand the different types of media, including: social media, TV, internet and newspapers, and to understand the influence on media and commercialisation on sport.</li> <li>know the meaning of commercialisation, media and the golden triangle and to understand the positive and negative effects of media on commercialization and sponsorship, linked to practical examples.</li> <li>understand ethics in sport, including the meaning and examples of sportsmanship, deviance and gamesmanship.</li> <li>show an understanding of why performers use drugs in sport, know the different drugs in sport and be able to apply practical examples of the use of drugs in sport for anabolic steroids, beta blockers and stimulants.</li> <li>understand the reason why performers use violence in sport and be able to give practical examples of violence in sport.</li> </ul>	<ul style="list-style-type: none"> <li>understand the definition of motor skills and understand the characteristics of a skillful movement, and apply examples.</li> <li>be able to classify skills on both the environmental and difficulty continuum and apply practical examples to both continua.</li> <li>understand the importance of goal setting on sport performance, and be able to apply SMART goal setting with practical examples.</li> <li>understand and be able to apply practical examples for the 4 mental preparation techniques (selective attention, positive thinking, mental rehearsal and imagery).</li> <li>understand the four types of guidance, and the advantages and disadvantages of each type of guidance (visual, verbal, manual, mechanical).</li> <li>understand the types of feedback and apply examples to their use in sport.</li> <li>have an understanding of the key components of a balanced diet and the importance of a balanced diet and hydration of sports performance.</li> <li>be able to demonstrate an undertaking of health, fitness and wellbeing, and be able to apply the consequences of a sedentary lifestyle on a person's, physical, social and</li> </ul>			

			emotional health/wellbeing.			
<b>Language for Life (Key terms/Vocabulary)</b>	Participation, Governing bodies, social groups, promotion, provision, access, discrimination, ethnicity, disposable income, opportunity.	Media, commercialisation, Sponsorship, sportsmanship, gamesmanship, deviance, anabolic steroids, beta blockers, stimulants, violence.	Efficiency, pre-determined, co-ordinated, fluency, aesthetic, difficulty continuum, environmental continuum, motivation goals setting, Specific, measurable, achievable, recorded, timed, imagery, mental rehearsal, selective attention, positive thinning, visual guidance, mechanical guidance, verbal guidance, manual guidance, intrinsic, extrinsic, knowledge of results, knowledge of performance, health, fitness, wellbeing, sedentary, coronary heart disease, obesity, blood pressure, type 2 diabetes, posture, self esteem, carbohydrates, proteins, fats, vitamins, minerals, fibre, hydration, diet, energy.			
<b>Extended writing Opportunities</b>	Through coursework and extended answer exam questions	Through coursework and extended answer exam questions	Through coursework and extended answer exam questions	Through coursework and extended answer exam questions	Through coursework and extended answer exam questions	
<b>Maths Across the Curriculum</b>	Calculations in data and results and working out heart rate/breathing rate	Calculations in data and results and working out heart rate/breathing rate	Calculations in data and results and working out heart rate/breathing rate	Calculations in data and results and working out heart rate/breathing rate	Calculations in data and results and working out heart rate/breathing rate	
<b>Links to careers/aspirations</b>	Direct students to career pathways within the sports coaching and sports development sector.	Direct students to career pathways within the sports coaching and sports development sector.	Direct students to career pathways within the sports coaching and sports development sector.	Direct students to career pathways within the sports coaching and sports development sector.	Direct students to career pathways within the sports coaching and sports development sector.	
<b>Cultural Capital</b>	Join clubs in the community and watch live/recorded matches. promote benefits of teamwork, building positive	Join clubs in the community and watch live/recorded matches. promote benefits of teamwork, building positive	Join clubs in the community and watch live/recorded matches. promote benefits of teamwork, building positive	Join clubs in the community and watch live/recorded matches. promote benefits of teamwork, building positive	Join clubs in the community and watch live/recorded matches. promote benefits of teamwork, building positive	
<b>Practical Application of Skills</b>	Demonstrate skills and techniques learnt in drills and game situations	Demonstrate skills and techniques learnt in drills and game situations	Demonstrate skills and techniques learnt in drills and game situations	Demonstrate skills and techniques learnt in drills and game situations	Demonstrate skills and techniques learnt in drills and game situations	