



## Year 11 GCSE Physical Education

Autumn term 1st half		
Unit of work	Knowledge	Skills
<i>Theory component</i>	<ul style="list-style-type: none"> <li>Engagement patterns of different social groups in physical activity and sport</li> <li>Commercialisation of sport</li> <li>Ethical and social cultural issues in physical activity and sport</li> </ul>	<ul style="list-style-type: none"> <li>Develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance</li> <li>Understand how the physiological and psychological state affects performance in physical activity and sport</li> <li>Develop their ability to analyse and evaluate to improve performance in physical activity and sport</li> <li>Understand the contribution which physical activity and sport make to health, fitness and well-being</li> <li>Understand key socio-cultural influences which can affect people's involvement in physical activity and sport.</li> </ul>
<i>Practical component</i>	<ul style="list-style-type: none"> <li>Badminton, Swimming (for selected candidates) and trampolining</li> <li>AEP written controlled assessment Section 1</li> </ul>	<ul style="list-style-type: none"> <li>Perform effectively in different physical activities by developing core and advanced skills and techniques and selecting and using tactics, strategies and/ or compositional ideas</li> </ul>
<p><b>Key Terms:</b> Women, disability, income, age, gender, golden triangle, inter-relationship, sport, sponsorship, media, violence, drugs, sportsmanship, gamesmanship, deviance.</p>		
<p><b>Course materials:</b> OCR GCSE 9-1 text book &amp; revision guide and google classroom</p>		
<p><b>Homework will include:</b> Preparation for exams, research tasks, data analysis, application of knowledge to sporting examples.</p>		
<p><b>Assessment details:</b>            Assessment of theory components will be done through short, medium and long exam questions.             Practical components will be assessed on an ongoing lesson by lesson basis, with a more formal assessment at the end of the unit of work.  <b>When will the assessment take place?</b>            There will be regular short start activities revisiting previous learning in short assessment.            Throughout the unit there will be more formal assessments 2 x every half term.</p>		



# Queen Elizabeth's Girls' School

*Educating Women of the Future*

Autumn term 2nd half		
Unit of work	Knowledge	Skills
Theory component	<ul style="list-style-type: none"> <li>Sports Psychology</li> </ul>	<ul style="list-style-type: none"> <li>Develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance</li> <li>Understand how the physiological and psychological state affects performance in physical activity and sport</li> <li>Develop their ability to analyse and evaluate to improve performance in physical activity and sport</li> <li>Understand the contribution which physical activity and sport make to health, fitness and well-being</li> <li>Understand key socio-cultural influences which can affect people's involvement in physical activity and sport.</li> </ul>
Practical component	<ul style="list-style-type: none"> <li>Badminton and trampolining</li> <li>AEP written controlled assessment sections 2-4</li> </ul>	<ul style="list-style-type: none"> <li>Perform effectively in different physical activities by developing core and advanced skills and techniques and selecting and using tactics, strategies and/ or compositional ideas</li> </ul>
<p><b>Key Terms:</b> classification, characteristics, goal setting, mental preparation, guidance, feedback.</p>		
<p><b>Course materials:</b> OCR GCSE 9-1 text book &amp; revision guide and google classroom</p>		
<p><b>Homework will include:</b> Preparation for exams, research tasks, data analysis, application of knowledge to sporting examples.</p>		
<p><b>Assessment details:</b>            Assessment of theory components will be done through short, medium and long exam questions.</p> <p>Practical components will be assessed on an ongoing lesson by lesson basis, with a more formal assessment at the end of the unit of work.</p> <p><b>When will the assessment take place?</b>            There will be regular short start activities revisiting previous learning in short assessment.            Throughout the unit there will be more formal assessments 2 x every half term.</p>		



Founded in 1888

# Queen Elizabeth's Girls' School

*Educating Women of the Future*

Spring term 1st half		
Unit of work	Knowledge	Skills
Theory component	<ul style="list-style-type: none"> <li>• Sports Psychology : Health fitness and wellbeing</li> <li>• Revision - recall and exam application</li> </ul>	<ul style="list-style-type: none"> <li>• Develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance</li> <li>• Understand how the physiological and psychological state affects performance in physical activity and sport</li> <li>• Develop their ability to analyse and evaluate to improve performance in physical activity and sport</li> <li>• Understand the contribution which physical activity and sport make to health, fitness and well-being</li> <li>• Understand key socio-cultural influences which can affect people's involvement in physical activity and sport.</li> </ul>
Practical component	<ul style="list-style-type: none"> <li>• Badminton, athletics and trampolining</li> <li>• AEP written controlled assessment section 4</li> </ul>	<ul style="list-style-type: none"> <li>• Perform effectively in different physical activities by developing core and advanced skills and techniques and selecting and using tactics, strategies and/or compositional ideas</li> </ul>
<b>Key Terms:</b> physical, mental, social, wellbeing, fitness, health		
<b>Course materials:</b> OCR GCSE 9-1 text book & revision guide and google classroom		
<b>Homework will include:</b> Preparation for exams, research tasks, data analysis, application of knowledge to sporting examples.		
<p><b>Assessment details:</b>            Assessment of theory components will be done through short, medium and long exam questions.</p> <p>Practical components will be assessed on an ongoing lesson by lesson basis, with a more formal assessment at the end of the unit of work.</p> <p><b>When will the assessment take place?</b>            There will be regular short start activities revisiting previous learning in short assessment.            Throughout the unit there will be more formal assessments 2 x every half term.</p>		



# Queen Elizabeth's Girls' School

*Educating Women of the Future*

Spring term 2nd half & Summer term 1st half		
Unit of work	Knowledge	Skills
Theory component	<ul style="list-style-type: none"> <li>● Revision - recall and exam application</li> <li>● Short and medium question preparation</li> <li>● 6 mark exam application</li> </ul>	<ul style="list-style-type: none"> <li>● Develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance</li> <li>● Understand how the physiological and psychological state affects performance in physical activity and sport</li> <li>● Develop their ability to analyse and evaluate to improve performance in physical activity and sport</li> <li>● Understand the contribution which physical activity and sport make to health, fitness and well-being</li> <li>● Understand key socio-cultural influences which can affect people's involvement in physical activity and sport.</li> </ul>
Practical component	Moderation	<ul style="list-style-type: none"> <li>● Perform effectively in different physical activities by developing core and advanced skills and techniques and selecting and using tactics, strategies and/ or compositional ideas</li> </ul>
<p><b>Key Terms:</b> Skeletal, muscular, movement, psychology, social cultural, skill</p>		
<p><b>Course materials:</b> OCR GCSE 9-1 text book &amp; revision guide and google classroom</p>		
<p><b>Homework will include:</b> Preparation for exams, research tasks, data analysis, application of knowledge to sporting examples.</p>		
<p><b>Assessment details:</b>            Assessment of theory components will be done through short, medium and long exam questions.</p> <p>Practical components will be assessed on an ongoing lesson by lesson basis, with a more formal assessment at the end of the unit of work.</p> <p><b>When will the assessment take place?</b>            There will be regular short start activities revisiting previous learning in short assessment.            Throughout the unit there will be more formal assessments 2 x every half term.</p>		