



Year 11 GCSE PE course planner (2019-2020)

<u>Autumn 1</u>	<u>Spring 1</u>	<u>Summer 1</u>
<p>Unit 5 Sport Psychology</p> <p>How are skills classified? What are the most effective practice structures? How can goal setting optimise performance? What are effective SMART targets? What types of guidance can be offered to optimise performance? What are the different types of feedback to optimise performance? What graphical data can be used to optimise performance? What are the benefits of mental preparation? <i>End of term test-grade input on SIMS. Feedback to students and parents.</i></p>	<p>Unit 2 Movement analysis</p> <p>What are the first, second and third class levers? How would you explain a mechanical advantage or mechanical disadvantage related to sport? What are the planes and axes of movement applied to sporting actions?</p>	<p>Final exam preparation:</p> <p>Catch up. Teachers refer to PLC's from lessons, student feedback and end of term tests to focus teaching and learning.</p> <p>Catch up and/or revisit areas of weakness Review OF UNITS 3,4 and 5.</p> <p>Standardised exam practice questions using AO1, AO2, AO3 questions.</p> <p>Students complete final exam preparation and will sit two PE papers that will contribute to 60% of the overall grade that is achieved.</p>
<u>Autumn 2</u>	<u>Spring 2</u>	<u>Summer 2</u>
<p>Unit 6. Socio- cultural influences.</p> <p>How would you explain participation rates in physical activities considering gender, age, socio-economic groups, ethnicity and disabilities? How has commercialisation affected physical activity and sport? What are the advantages and disadvantages of commercialisation and the media? What are the different types of sporting behaviour? End of term assessment input grades on SIMS. Feedback to students and parents.</p>	<p>Practical internal and external moderation focus:</p> <p>External moderation including film submission equates to 30% of overall mark</p> <p>Teachers refer to PLC's from lessons, student feedback and two end of term tests to focus teaching and learning of component 2.</p> <p>Component 2 mock exam</p>	<p>N/A</p>