

Year 11 GCSE PE curriculum overview

	Half term 1	Half term 2	Half term 3	Half term 4	Half term 5	Half term 6
Topic	Socio-cultural influences	Socio-cultural influences & health, fitness & well-being	Movement analysis	Revision/recap past topics	Revision/recap past topics	
Key concepts	3.2.2 Socio-cultural influences Social groups Commercialisation Ethical & socio-cultural issues	3.2.2. socio-cultural influences Ethical & socio-cultural issues 3.2.3 Health fitness & wellbeing Health Sedentary lifestyle Diet/nutrients	3.1.2 Movement analysis Levers systems Planes & axes	Revision/recap past topics Recap/catch up Exam question structure Self-assessment Peer assessment Teacher assessment	Revision/recap past topics Focus on weak topics (pupil RAG assessment) Exam dates: Paper 1: May Paper 2: June	
Knowledge and understanding milestones	Understand the engagement patters of different social groups. Identify factors that affect participation in physical activity. Understand the relationship between sport, sponsorship, and media. Identify positive and negatives of sponsorship, media, and technology in sport. Identify how conduct of performers may vary. Understand how different prohibited	Identify positive & negative effects of spectators at events. Link participation in physical activity, exercise & sport to fitness, health & wellbeing. Identify how exercise can suit the needs of people differently. Understand consequences of a sedentary lifestyle. Understand obesity and know how I can affect performer in physical activity & sport. Identify three different body types	Understand the different classes of levers found in the body. Understand the mechanical advantages of different lever systems. Understand how muscles work to cause movements. Understand the planes & axes of different movements.	Time allocated for preparation for practical moderation. Apply paper 1 topics knowledge and focus on extended question technique to maximise marks. Apply paper 2 topics knowledge and focus on extended question technique to maximise marks.	Apply paper 1 topics knowledge and focus on extended question technique to maximise marks. Apply paper 2 topics knowledge and focus on extended question technique to maximise marks.	

	substances and the methods that certain types of performers may use.	and link to certain sporting examples. Understand how energy is gained from food and how the body uses this in physical activity. Break down a balanced diet and how individual food groups support physical activity, including water balance.				
Scaffolding for SEND to ensure quality first teaching	Scaffolds Frayer models for key vocabulary Glossaries Guided reading activities Challenge tasks Model answers Targeted questioning Knowledge Organiser tests Recall quizzes	Scaffolds Frayer models for key vocabulary Glossaries Guided reading activities Challenge tasks Model answers Targeted questioning Knowledge Organiser tests Recall quizzes	Scaffolds Frayer models for key vocabulary Glossaries Guided reading activities Challenge tasks Model answers Targeted questioning Knowledge Organiser tests Recall quizzes	Scaffolds Frayer models for key vocabulary Glossaries Guided reading activities Challenge tasks Model answers Targeted questioning Knowledge Organiser tests Recall quizzes	Scaffolds Frayer models for key vocabulary Glossaries Guided reading activities Challenge tasks Model answers Targeted questioning Knowledge Organiser tests Recall quizzes	
Careers input	Professional sports performer Teacher Personal trainer Fitness instructor Athletic coach Physiotherapist Nutritionist	Professional sports performer Teacher Personal trainer Fitness instructor Athletic coach Physiotherapist Nutritionist	Professional sports performer Teacher Personal trainer Fitness instructor Athletic coach Physiotherapist Nutritionist	Professional sports performer Teacher Personal trainer Fitness instructor Athletic coach Physiotherapist Nutritionist	Professional sports performer Teacher Personal trainer Fitness instructor Athletic coach Physiotherapist Nutritionist	

	Sports development officer Sports journalist Events manager	Sports development officer Sports journalist Events manager	Sports development officer Sports journalist Events manager	Sports development officer Sports journalist Events manager	Sports development officer Sports journalist Events manager
Links (prior knowledge, future knowledge)	This units build on: Understanding from KS3 PE and personal experience from participation in physical activity for LHS. This unit prepares students for: Students will prepare for paper 2 of year 11 summer exams.	This units build on: Cross curricular links from Food Tech, understanding of a balanced diet. This unit prepares students for: Students will prepare for paper 2 of year 11 summer exams.	This units build on: Movement analysis unit completed in term 6 of year 10 GCSE PE, and general understanding from core PE lessons. This unit prepares students for: Students will prepare for paper 1 of year 11 summer exams.	This units build on: Topics covered throughout year 10 and 11 GCSE PE. This unit prepares students for: Applying knowledge of all topics to exam question technique and preparation for summer exams.	This units build on: Topics covered throughout year 10 and 11 GCSE PE. This unit prepares students for: Applying knowledge of all topics to exam question technique and preparation for summer exams.
Key vocabulary	Social groups Engagement patterns Stereotype Barrier to participation Socio-economic group Disposable income Ethnic group Role model Peer group Disability Attitude Media coverage Sexism Cultural group Leisure time Education	PED Etiquette Sportsmanship Gamesmanship Contract to compete Stimulants Adrenaline Narcotic Analgesics Anabolic agents Peptide hormones Diuretics Dehydration Blood doping Viscosity Embolism Beta blockers Health Fitness	Fulcrum Effort Resistance First class lever Second class lever Third class lever Mechanical advantage Agonist Antagonist Isotonic Isometric Concentric Eccentric Sagittal plane Transverse axis Frontal plane Sagittal axis	AQA GCSE PE key words	AQA GCSE PE key words

	Commercialisation Sponsorship Golden triangle Spectators Television Radio The press Internet Social media Technology Hawk Eye TMO	Wellbeing Physical health Social health Mental health Sedentary lifestyle Obesity Somatotype Ectomorph Endomorph Mesomorph Balanced diet Vitamins Minerals Carbohydrate Fat Protein Hydration Rehydration Dehydration	Transverse plane Longitudinal axis			
Review and Assessment (including opportunities for retrieval practice)	Formative assessment: Topics exam questions during unit: 3.2.2 Socio-cultural influences 3.2.2.1 Social groups 3.2.2.2 Commercialisation 3.2.2.3 Ethical & socio-cultural issues Summative assessment: Assessment: half unit 3.2.2.	Formative assessment: Topics exam questions during unit: 3.2.2 Socio-cultural influences 3.2.2.3 Ethical & socio-cultural issues 3.2.3 Health, fitness & wellbeing 3.2.3.1 health 3.2.3.2 Sedentary lifestyle 3.2.3.3. Diet/nutrients	Formative assessment: 3.1.2 Movement analysis 3.1.2.1 Levers systems 3.1.2.2. Planes and axes Summative assessment: Assessment: end unit 3.1.2 assessment <i>(movement analysis only)</i>	Formative assessment: Topics exam questions during unit: Short answer question practice (1- 5-mark questions – all topics paper 1 and paper 2) Summative assessment: Assessment: Paper 1 and Paper 2	Formative assessment: Topics exam questions during unit: Extended question practise AO1, AO2, AO3 application to exam questions – all topics Paper 1 and paper 2 Summative assessment: Assessment: Paper 1 and Paper 2	

		Summative assessment: Assessment: end unit 3.2.2 Assessment: end unit 3.2.3					
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