

# Physical Education Long Term Plan Year 11

## Temperance Term

| W/C           | Week 1   | Week 2  | Week 3  | Week 4   | Week 5   | Week 6   | Week 7   | HALF TERM |
|---------------|--|---|---|--|--|--|--|-----------|
| Topic         | Paper 2 - 3.2.1 Sports Psychology (Unit 5)   |   |   |  |  |  |  |           |
| SPS Challenge | Course Introduction<br>Classification of Skills  | SMART Targets   | Information Processing  | Guidance and Feedback                              | Mental preparation for performance<br>- Arousal  | Methods to Control Arousal                                     | Aggression in Sport  |           |
|               | NEA Evaluation – part two, theoretical application<br>&<br>Paper 2 - 3.2.2 Socio-cultural Influences |   |   |  |  |  |  |           |
| BPS Challenge | NEA Evaluation Training type<br>Participation Patterns   | Participation Patterns  | NEA Evaluation Training Session<br>Commercialisation of Sport | Commercialisation of Sport                         | NEA Evaluation Principles of Training<br>Prohibited Substances   | Spectator Behaviour  | NEA Evaluation Part 2 – Psychological element<br>Technology in Sport |           |
| Inspire       | Evaluate appropriate training methods for various fitness needs<br>Achieve a top band response       | Evaluate appropriate training methods for various fitness needs<br>Justify the classification of various skills | Justify the positives and negatives of the commercialisation  | Evaluate the role of performance and outcome goals | Justify the type of guidance and feedback for performers<br>Evaluate the impact of taking PED's on sport | Evaluate the effectiveness of strategies to combat hooliganism | Evaluate the use of technology on performers and spectators.         |           |
| Assessment    | Distributed summative assessment   | Distributed summative assessment  | Peer assessment of current in class topic                     | Distributed summative assessment                   | Distributed summative assessment   | Formative assessment in class with class teacher               | Self-assessment of challenge objective - EBI                         |           |

| W/C           | Week 8                                     | Week 9                  | Week 10                    | Week 11                    | Week 12   | Week 13   | CHRISTMAS |
|---------------|--|-------------------------|----------------------------|----------------------------|-----------|-----------|-----------|
| Topic         | Paper 2 - 3.2.1 Sports Psychology (Unit 5) |                         |                            |                            |           |           |           |
| SPS Challenge | Motivation                                 | NEA Coursework catch up | Revision/ Catch up lessons | Revision/ Catch up lessons | Mock Week | Mock Week |           |
|               | Paper 2 - 3.2.2 Socio-cultural Influences  |                         |                            |                            |           |           |           |

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|                      |  |                                  |  |  |           |           |  |
|----------------------|--|----------------------------------|--|--|-----------|-----------|--|
| <b>BPS Challenge</b> | Technology in Sport  | NEA Coursework catch up          | Revision/ Catch up lessons                     | Revision/ Catch up lessons                       | Mock Week | Mock Week |  |
| <b>Inspire</b>       | Evaluate the merits of intrinsic and extrinsic motivation in sport | Achieve a top band response      | Achieve a top band responses on exam questions | Achieve a top band responses on exam questions   | Mock Week | Mock Week |  |
| <b>Assessment</b>    | Self-assessment of challenge objective - EBI                       | Distributed summative assessment | Distributed summative assessment               | Formative assessment in class with class teacher | Mock Week | Mock Week |  |

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## Justice Term

| W/C               | Week 14                                | Week 15   | Week 16   | Week 17   | Week 18  | Week 19  | HALF TERM |
|-------------------|--|---|---|---|--|--|-----------|
| Topic             | Year 11 Mock Exams<br><br>Part 2 paper | Coursework Clinic Week  | Coursework Clinic Week  | Coursework Clinic Week  | <b>3.2.3.1 – Physical, Emotional and Social Health, Fitness and Well-Being</b> | <b>3.1.1.1 – The Structure and Functions of the Musculoskeletal System</b> |           |
| SPS/BPS Challenge |  | Coursework Clinic Week:<br><br>Individual slots to address and issues in coursework | Coursework Clinic Week:<br><br>Individual slots to address and issues in coursework | Coursework Clinic Week:<br><br>Individual slots to address and issues in coursework | Differentiated revision of key content and exam skills preparation.            | Differentiated revision of key content and exam skills preparation.        |           |
| Inspire           |  |   |   |   | Achieve top band responses in extended writing questions                       | Achieve top band responses in extended writing questions                   |           |
| Assessment        |  | Formative assessment  |   |   | Written assessment   | Written assessment   |           |

| W/C        | Week 20   | Week 21   | Week 22   | Week 23   | Week 24   | Week 25                   | EASTER |
|------------|---|---|---|---|---|---------------------------|--------|
| Topic      | <b>3.1.2.1/2 - Levers, Mechanical Advantage, Planes and Axes</b>    | <b>3.1.1.2 – The Structure and Functions of the Cardio-Respiratory System</b> | <b>Paper 2 - 3.2.2 Socio-cultural Influences</b>                    | <b>Paper 2 - 3.2.1 Sports Psychology</b>                            | <b>Paper 1 – 3.1.3 Physical Training</b>                            | GCSE Practical Moderation |        |
| Core       | Differentiated revision of key content and exam skills preparation. | Differentiated revision of key content and exam skills preparation.           | Differentiated revision of key content and exam skills preparation. | Differentiated revision of key content and exam skills preparation. | Differentiated revision of key content and exam skills preparation. |                           |        |
| Challenge  | Achieve top band responses in extended writing questions            | Achieve top band responses in extended writing questions                      | Achieve top band responses in extended writing questions            | Achieve top band responses in extended writing questions            | Achieve top band responses in extended writing questions            |                           |        |
| Assessment | Written assessment  | Written assessment  | Written assessment  | Written assessment  | Written assessment  |                           |        |

# Physical Education Long Term Plan Year 11

## Courage Term

| W/C        | Week 26                   | Week 27  | Week 28 | Week 29   | Week 30 | Week 31 | HALF TERM |
|------------|---------------------------|--|---------|---|---------|---------|-----------|
| Topic      | GCSE Practical Moderation | Paper 1 and Paper 2 Topics   |         | GSCE Physical Education Final Written Exams<br><br>Paper 1 – The Human Body and Movement<br><br>Paper 2 - Socio-cultural influences and well-being in physical activity and sport |         |         |           |
| Core       |                           | Year 11 on bespoke revision timetable<br><br>Practice questions and practice papers on all of the topics covered across the two years<br><br>Ensuring confidence in knowledge (AO1) and application (AO2) is high and secure |         |   |         |         |           |
| Challenge  |                           | Pupils can write in an analytical and evaluative style (AO3) for all the topics that require these skills  |         |   |         |         |           |
| Assessment |                           | Summative assessment of the two years, with regular feedback on responses.   |         |   |         |         |           |
|            |                           |  |         |   |         |         |           |

| W/C        | Week 32 | Week 33 | Week 34 | Week 35 | Week 36 | Week 37 | SUMMER |
|------------|---------|---------|---------|---------|---------|---------|--------|
| Topic      |         |         |         |         |         |         |        |
| Core       |         |         |         |         |         |         |        |
| Challenge  |         |         |         |         |         |         |        |
| Assessment |         |         |         |         |         |         |        |