

**Physical Education – GCSE PE
YEAR 11 CURRICULUM INFORMATION**

'Building knowledge, understanding, memory and performance.'

	Autumn 1	Autumn 2
What will students be learning?	<p>Students will continue to focus on the sociocultural issues and psychology surrounding sport. They will explore the characteristics of a skilful movement, the classification of skills, goal setting, mental preparation and types of guidance and feedback.</p> <p>Students will also start their Analysis and Evaluation of Performance (AEP). This is a controlled assessment where they will look at evaluating, analysing, and assessing their own fitness and skills in a sport of their choice.</p>	<p>Students will be learning about health, fitness, and wellbeing. They will explore the different health benefits of physical activity and the consequences of a sedentary lifestyle.</p> <p>Students will move onto learning about diet and nutrition where they will be taught the key components of a balanced diet and the effects of diet and hydration in physical activity.</p> <p>Students will continue with their Analysis and Evaluation of Performance (AEP). They will move onto analysing movement and produce an action plan in correspondence to their results.</p>
How will students be assessed?	<p>At the end of the unit students will be given a milestone on sports psychology. This will be marked, and feedback will be given to the students during the following lesson.</p> <p>Formal assessment will be used for the Analysis and Evaluation of Performance (AEP).</p>	<p>Students will be given a milestone assessment after each unit has been taught. Each milestone will be marked, and feedback will be delivered during the next lesson.</p> <p>Formal assessment will be used for the Analysis and Evaluation of Performance (AEP).</p>
Literacy – What keywords will be taught?	Efficiency, pre-determined, co-ordinated, fluent, aesthetic, simple skills, complex skills, open skills, closed skills, continuum, specific, measurable, achievable, recorded, timed, imagery, mental rehearsal, selective attention, positive thinking, visual, verbal, manual, mechanical, intrinsic, extrinsic, knowledge of performance, knowledge of results, positive, negative.	Health fitness and well-being- Injury, coronary heart disease, blood pressure, bone density, obesity, diabetes, posture, fitness, physical, emotional, social. Diet and nutrition- Carbohydrates, proteins, fats, minerals, vitamins, fibre, hydration.
What employability skills are being developed?	Collaboration, resilience, planning and organisation, adaptability, leadership, management, and responsibility, problem solving.	Collaboration, resilience, communication, planning and organisation, adaptability, leadership, teamwork, management, and responsibility.
Wider Curriculum Links?	Biology; the anatomy and physiology of the human body.	Biology; the anatomy and physiology of the human body.
What useful websites are there for this topic?	GCSE - Physical Education (9-1) - J587 - OCR England Netball Home Handball UK Sport About The RFU (englandrugby.com) About Us British Athletics	GCSE - Physical Education (9-1) - J587 - OCR England Netball Home Handball UK Sport About The RFU (englandrugby.com) About Us British Athletics

	About England Hockey	
What wider reading could be done for this topic?	<p>OCR GCSE PE Revision Guide</p> <p>GCSE Physical Education OCR Revision Guide: perfect for the 2024 and 2025 exams (CGP OCR GCSE PE) : CGP Books, CGP Books: Amazon.co.uk: Books</p>	<p>OCR GCSE PE Revision Guide</p> <p>GCSE Physical Education OCR Revision Guide: perfect for the 2024 and 2025 exams (CGP OCR GCSE PE) : CGP Books, CGP Books: Amazon.co.uk: Books</p>
What else can students be doing independently to develop their understanding of this topic?	<p>Creating revision materials on each unit using the OCR student checklist for guidance.</p> <p>Wider reading around the skills needed for your chosen sport.</p> <p>Regularly attend sports clubs and fixtures, record results in logbooks.</p>	<p>Creating revision materials on each unit using the OCR student checklist for guidance.</p> <p>Wider reading around advancing the skills for your chosen sport.</p> <p>Regularly attend sports clubs and fixtures, record results in logbooks.</p>