

# Physical Education Long Term Plan Year 11 2019-20



## Temperance Term

W/C	2nd September	9th September	16th September	23rd September	30th September	7th October	14th October	21st October	
Topic	Paper 1 – 3.1.3 Physical Training (Coursework-Related Content)						Paper 2 - 3.2.1 Sports Psychology		
	<b>Coursework Started</b>								
	No Lesson	Health and Fitness	Warming up and Cooling Down  Components of Fitness / Linking sports	Measuring the Components of Fitness  Collecting Data and Use of Data	Principals of Training and Overload  Types of Training	Short and Long-term effects of exercise  Other topics missed in Year 10	Use of Data	Classification of Skills	
Challenge	N/A	Evaluate the relationship between health and fitness	Justify the importance of a COF in sporting example	Evaluate the relevance of tests in relation to sporting activities	Evaluate appropriate training methods for various fitness needs	Justify appropriate elements of warm-ups and cool down	Analyse various graphs and charts of performance	Justify the classification of various skills	
Assessment	N/A	Teacher Assessment	Practical Assessment	Peer Assessment	Teacher Assessment	Summative Written Assessment	Teacher Assessment	Practical Assessment	
W/C	<b>HALF TERM</b>	4th November	11th November	18th November	25th November	2nd December	9th December	<b>CHRISTMAS</b>	
Topic		Paper 2 - 3.2.1 Sports Psychology					<b>Year 11</b>  <b>Mock Exams</b>  <b>Coursework Penultimate Draft</b>		
		SMART Targets	Information Processing	Guidance and Feedback  Mental Preparation	Motivation  Aggression in Sport				
Challenge		Discuss the role of performance and outcome goals	Analyse specific skills in relation to the information processing model	Justify the type of guidance and feedback for performers	Evaluate the merits of intrinsic and extrinsic motivation in sport				
Assessment		Peer Assessment	Practical Assessment	Teacher Assessment	Teacher Assessment				

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## Justice Term

W/C	6 <sup>th</sup> January	13 <sup>th</sup> January	20 <sup>th</sup> January	27 <sup>th</sup> January	3 <sup>rd</sup> February	10 <sup>th</sup> February	HALF TERM
Topic	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>	<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>	
	Coursework Clinic Week: 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.	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		Attain Top Band on 6 & 9 Mark Questions	Attain Top Band on 6 & 9 Mark Questions	Attain Top Band on 6 & 9 Mark Questions	Attain Top Band on 6 & 9 Mark Questions	Attain Top Band on 6 & 9 Mark Questions	
Assessment		Written assessment	Written assessment	Written assessment	Written assessment	Written assessment	
W/C	24 <sup>th</sup> February	2 <sup>nd</sup> March	9 <sup>th</sup> March	16 <sup>th</sup> March	23 <sup>rd</sup> March	30 <sup>th</sup> March	EASTER
Topic	<b>Paper 1 – 3.1.3 Physical Training</b>	Moderation Practice	Moderation Practice	Moderation Practice	Moderation Practice	Practical Moderation	
	Differentiated revision of key content and exam skills preparation.						
Challenge	Attain Top Band on 6 & 9 Mark Questions	Attain Top Band in Skill Grade	Attain Top Band in Skill Grade	Attain Top Band in Performance Grade	Attain Top Band in Performance Grade		
Assessment	<b>Year 11 Mock Exams</b>	Practical Moderation	Practical Moderation	Practical Moderation	Practical Moderation		

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## Courage Term

<b>W/C</b>	20 <sup>th</sup> April	27 <sup>th</sup> April	4 <sup>th</sup> May	11 <sup>th</sup> May	18 <sup>th</sup> May	<b>HALF TERM</b>
Topic	FINAL REVISION	FINAL REVISION	FINAL REVISION	Year 11 on bespoke revision timetable		
Challenge	Attain Top Band on 6 & 9 Mark Questions	Attain Top Band on 6 & 9 Mark Questions	Attain Top Band on 6 & 9 Mark Questions			
Assessment	Written assessment	Written assessment	Written assessment			
<b>W/C</b>	1 <sup>st</sup> June	8 <sup>th</sup> June	15 <sup>th</sup> June	22 <sup>nd</sup> June	29 <sup>th</sup> June	
Topic	Year 11 on optional revision timetable	Year 11 on study leave				
Challenge						
Assessment	GCSE Exams					