

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) & NEA Evaluation – part two, theoretical application							
Core	Course Introduction Learning through Google Revision	NEA Analysis	Classification of Skills SMART Targets	Information Processing Guidance and Feedback	Mental preparation for performance - Arousal Methods to Control Arousal	NEA Evaluation	Aggression in Sport Motivation	
Challenge	Evaluate appropriate training methods for various fitness needs	Evaluate appropriate training methods for various fitness needs	Justify the classification of various skills	Evaluate the role of performance and outcome goals	Justify the type of guidance and feedback for performers	Achieve a top band response	Evaluate the merits of intrinsic and extrinsic motivation in sport	
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 - 3.2.2 Socio-cultural Influences						
Core	Participation Patterns	Commercialisation of Sport	Prohibited Substances	Spectator Behaviour Technology in Sport	Mock Week	Mock Week	
Challenge	Justify the socio-economic factors affecting participation for young people	Justify the positives and negatives of the commercialisation	Evaluate the impact of taking PED's on sport	Evaluate the effectiveness of strategies to combat hooliganism	Mock Week	Mock Week	
Assessment	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 Part 2 paper	Coursework Clinic Week	Coursework Clinic Week	Coursework Clinic Week	3.2.3.1 – Physical, Emotional and Social Health, Fitness and Well-Being	3.1.1.1 – The Structure and Functions of the Musculoskeletal System		
Core		Coursework Clinic Week: Individual slots to address and issues in coursework	Coursework Clinic Week: Individual slots to address and issues in coursework	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.		
Challenge						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	3.1.2.1/2 - Levers, Mechanical Advantage, Planes and Axes	3.1.1.2 – The Structure and Functions of the Cardio-Respiratory System	Paper 2 - 3.2.2 Socio-cultural Influences	Paper 2 - 3.2.1 Sports Psychology	Paper 1 – 3.1.3 Physical Training	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		

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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 Paper 1 – The Human Body and Movement Paper 2 - Socio-cultural influences and well-being in physical activity and sport			
Core		Year 11 on bespoke revision timetable Practice questions and practice papers on all of the topics covered across the two years 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							