

Physical Education Long Term Plan Year 11

Autumn Term

W/C	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Topic	Paper 2 - 3.2.1 Sports Psychology (Unit 5)						
SPS Challenge	Course Introduction Classification of Skills	SMART Targets	Information Processing	Guidance and Feedback	Mental preparation for performance - Arousal	Methods to Control Arousal	Aggression in Sport
	NEA Evaluation – part two, theoretical application & Paper 2 - 3.2.2 Socio-cultural Influences						
BPS Challenge	NEA Evaluation Training type Participation Patterns	Participation Patterns	NEA Evaluation Training Session Commercialisation of Sport	Commercialisation of Sport	NEA Evaluation Principles of Training Prohibited Substances	Spectator Behaviour	NEA Evaluation Part 2 – Psychological element Technology in Sport
Inspire	Evaluate appropriate training methods for various fitness needs Achieve a top band response	Evaluate appropriate training methods for various fitness needs 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 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

HALF TERM

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							

Physical Education Long Term Plan Year 11

BPS Challenge	Technology in Sport	NEA Coursework catch up	Revision/ Catch up lessons	Revision/ Catch up lessons	Mock Week	Mock Week	
Inspire	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	
Assessment	Self-assessment of challenge objective - EBI	Distributed summative assessment	Distributed summative assessment	Formative assessment in class with class teacher	Mock Week	Mock Week	

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		



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							