

Year 11 – GCSE PE Programme of Study

| Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|--|--|--|--|---|----------|
| <p>Health and Wellbeing (Theory) Skills: Interpreting Data Knowledge: Physical, Emotional and Social Wellbeing, Diet and Nutrition.</p> <p>Revision (Theory) Skills: Exam technique Knowledge: Physical Factors Affecting Performance, Physical Training. <u>Assessment:</u> Mock Exam</p> <p>Sporting Assessments (Practical) Skills: Range & quality of skills, Physical attributes Knowledge: Rules and regulations Concepts: Decision Making, Tactical awareness, Compositional requirements <u>Assessment:</u> Practical assessments in a range of Sports listed on OCR GCSE PE Specification.</p> | <p>Socio-cultural Issues (Theory) Knowledge: Engagement patterns of different social groups in sport, Commercialisation of sport, Ethics in sport, Drugs in sport, Violence in sport.</p> <p>Sporting Assessments (Practical) As Autumn 1 <u>Assessment:</u> Practical assessments in a range of Sports listed on OCR GCSE PE Specification.</p> | <p>NEA (Coursework) Skills: Analysis and Evaluation of performance Knowledge: Movement Analysis, Skill Classification, Principles of training, Optimising training, Injury prevention. <u>Assessment:</u> Overview, Assessment, Movement Analysis and Action Plan Sections of Coursework</p> | <p>Sports Psychology (Theory) Knowledge: Characteristics of skilful movement, classification of skills, goal setting, mental preparation, types of guidance, types of feedback. Assessment: Paper 2 Mock Exam</p> <p>Sporting Assessments (Practical) As Autumn 1 <u>Assessment:</u> Practical assessments in a range of Sports listed on OCR GCSE PE Specification.</p> | <p>Revision (Theory) Skills: Exam technique Knowledge: Physical Factors Affecting Performance, Physical Training, Socio-cultural issues, Sports psychology, Health Fitness and Wellbeing. <u>Assessment:</u> Final GCSE Exam.</p> | |