

Year 11 PE – GCSE

The GCSE PE course has been designed to build on knowledge and experience of PE and sport from Key Stage 3 and develop knowledge and understanding to help prepare students for further study of Sport at Level 3/A Level. In practical lessons students continue to specialise in their chosen sports developing more complex techniques and tactical understanding. In theory lessons students develop a more complex understanding of how the human body works during exercise, with an increasing demand to develop more specialist tier 3 vocabulary.

Methods of deepening and securing knowledge: (these will be amended if not all aspects are covered – there is no expectation they will be)

Retrieval practice Spaced practice	Retrieval tasks are regularly used at the start of lessons and through independent learning tasks to support students in recalling key information from knowledge organisers. Retrieval tasks are spaced over time to support long-term learning.
Concrete examples	In every lesson students are encouraged to know specific sporting examples so they are able to easily apply their understanding to a range of sports activities and situations and use these effectively in their coursework and to answer exam questions.

	Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
Practical topic(s)	Netball - Receiving on the move and 1-handed catch - Running pass - Advanced dodges - Blocking and intercepting - Rebounding - Shooting from distance - Set plays e.g. centre pass - Full-sided games - Specialist rules e.g. penalty pass or shot or Football - Short and long passing (both feet) - Heading - Closing down and jockeying - Crossing and finishing from a cross - Marking at set plays - Full-sided games - Specialist rules e.g. offside, penalties		Hockey - 1v1 attack - Receiving on the move and reverse stick - Hitting - Specialist shooting skills e.g. lifted shot - Jab and reverse stick tackles - Channelling and shadowing - Penalty corners - Full-sided games - Specialist rules e.g. penalty corners or Handball - Passing on the move and feint pass - Receiving on the move and 1-handed catch - Jump and hip shots - Blocking and tackling - Attack and defence at set plays - Full-sided games - Specialist rules e.g. holding/ contact			
Assessment	- Skills assessment (10 marks) - Full context assessment (15 marks)		- Final practical assessments - GCSE moderation/practical exam			

Theory topic(s)	Blue 3.1 - Physical, emotional and social health Blue 3.2 - Consequences of a sedentary lifestyle - Obesity - Somatotypes Blue 3.3 - Energy use - Diet and nutrition - Hydration	Green 1.1 - Skeletal system - Types of joints - Types of movement - Muscular system Green 1.2 - Cardiovascular system - Mechanics of breathing - The pathway of air through the lungs	Green 1.3 - Aerobic and anaerobic exercise Green 1.4 - Short-term effects of exercise - Long-term effects of exercise Green 2.1 - Lever systems Green 2.2 - Planes and axes of movement	Revision and exam preparation for: - Paper 1 (Green) - Paper 2 (Blue)	Revision and exam preparation for: - Paper 1 (Green) - Paper 2 (Blue)	
Assessment	- Y11 Assessment 1	- Past exam question (5M) on the role of the skeletal system.	- Y11 Assessment 2 (PPE)	- Y11 Assessment 3 (full exam papers)		
CEIAG (<i>Careers that are linked to that topic</i>)	Personal trainer Physiotherapist	Personal trainer Sports coach	Personal trainer Sports coach			

Independent learning:
Independent learning is a core part of learning in GCSE PE to support students in deepening their understanding from lessons and broadening their experience of the world of sport. There are different types of independent learning set in GCSE PE to help students prepare for their assessments (e.g. practice exam questions, retrieval revision tasks). This allows teachers and students to see their progress and understand what still needs to be learned before their final exams.