



Physical Education Year 11 Long term plan 2020/2021

Pearson Edexcel GCSE PE (Pupils will cover all the topics below and opt into different sports during their practical lessons)

Autumn Term 1 st Half	Autumn Term 2 nd Half
3.5- How to optimise training and prevent injury 1. Revision of year 10 / PEP catch up 2. Revision of year 10 3. Revision of year 10 4. Revision of year 10 5. Revision of year 10 6. Identification and treatment of injuries 7. Injury prevention	3.5- How to optimise training and prevent injury / 2.2 - Use of goal setting and SMART targets / 3.1 – Engagement patterns of social groups in physical activity and sport / 2.1 - Classification of skills 1. Performance enhancing drugs 2. Performance enhancing drugs 3. Goal setting and SMART targets 4. Extended answer questions Vascular shunting 5. Year 11 GCSE PE mock (assessment) 6. Feedback week and practical moderation 7. Social-cultural influences - factors affecting participation 8. Sport psychology - Classification of skills
Spring Term 1 st Half	Spring Term 2 nd Half
2.1 - Classification of skills / 2.3 - Guidance and feedback on performance / 2.4- Mental preparation for performance / 3.1- Engagement patterns of social groups in physical activity and sport / Commercialisation of physical activity and sport / 3.3 – Ethical and sociocultural issues in sport 1. Forms of practice and types of guidance 2. Mental preparation and types of feedback 3. Use of data trends participation, Lever system, first, second and third class levers 4. Commercialisation and media 5. Advantages and disadvantage of media 6. Sporting behaviour	3.3 – Ethical and sociocultural issues in sport 1. Deviance 2. Assessment 3. Extended answer questions 4. Extended answer questions 5. Extended answer questions 6. Extended answer questions

Summer Term 1 st Half	Summer Term 2 nd Half
1. Revision and practical external moderation 2. Revision Methods of training	Examinations

Subject to COVID-19 restrictions and guidelines