



Physical Education Year 11 Long term plan 2021/2022

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
How to optimise training and prevent injury	How to optimise training and prevent injury Use of goal setting and SMART targets Engagement patterns of social groups in physical activity & sport Classification of skills
Spring Term 1 st Half	Spring Term 2 nd Half
Classification of skills Guidance and feedback on performance Mental preparation for performance Engagement patterns of social groups in physical activity & sport Commercialisation of physical activity and sport Ethical and sociocultural issues in sport	Ethical and sociocultural issues in sport
Summer Term 1 st Half	Summer Term 2 nd Half
Revision	

Subject to Covid-19 restrictions and guidelines