

FHS Physical Education Year 11 GCSE PoS (Pearson/Edexcel)



Autumn First half term	Autumn Second Half term	Spring First half term	Spring Second Half term	Summer First half term	Summer Second Half term
Topic / Key Question: Component 1 Topic 3.5.1-3.5.5 Identification and treatment of injury (i) Identification and treatment of injury (ii) Injury prevention in physical activity Performance enhancing drugs (i) Performance enhancing drugs (ii)	Topic / Key Question: Component 2 Topic 3.3.1-3.1.5 • Factors affecting participation in physical activity (i) • Factors affecting participation in physical activity (ii) • Participation rate trends – use of data (i) • Participation rate trends – use of data (ii) • Commercialisation and the media (i) • Commercialisation and the media (ii) • Advantages and disadvantages of commercialisation (i) • Advantages and disadvantages of commercialisation (ii) • Advantages and disadvantages of commercialisation (ii) Mock exam • PEP coursework	Topic / Key Question: Component 1 Topic 2.1.1-2.1.2 Mock Exam Review Sporting behaviours (i) Sporting behaviours (ii) Deviance in sport (i) Deviance in sport (ii)	Topic / Key Question: Component 1 Topic 2.2.1-2.2.4 Review of Joint classification and impact on movement axes (i) Joint classification and impact on movement axes (ii) Planes and axes – generalised movement patterns (i) Planes and axes – generalised movement patterns (iii)	Topic / Key Question: Component 2 Topic 3.3.3 Lever system – first, second and third class levers (i) Lever system – first, second and third class levers (ii) Mechanical advantage in sport and physical activity (i) Mechanical advantage in sport and physical activity (ii) Movement possibilities at joints Utilisation of movement in physical activity Review paper 1 content (ii) Review paper 2 content (ii) Review paper 2 content (iii)	 Revision and exam technique (i) Revision and exam technique (ii) Revision and exam technique (iii) Revision and exam technique (iii)
Home-learning project: • Knowledge (flipped learning) Zig Zag learning worksheets Exam practice	Home-learning project: • Knowledge (flipped learning) Zig Zag learning worksheets Exam practice	Home-learning project: • Knowledge (flipped learning) Zig Zag learning worksheets Exam practice	Home-learning project: ◆ Knowledge (flipped learning) Zig Zag learning worksheets Exam practice	Home-learning project: • Knowledge (flipped learning) Zig Zag learning worksheets Exam practice	Home-learning project: • Knowledge (flipped learning) Zig Zag learning worksheets Exam practice



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End of term assessment to cover: Component 1 and 2 Topic 3		End of term assessment to cover: Component 4 and Component 2 Topic 3		End of year assessment to cover: Components 1,2 and 3		
Independent learners, research skills, extended writing	 Independent learners, research skills, extended writing 	 Independent learners, research skills, extended writing 	 Independent learners, research skills, extended writing 	 Independent learners, research skills, extended writing 	Independent learners, research skills, extended writing	
• Skills	• Skills	• Skills	• Skills	• Skills	• Skills	
workbook	workbook	workbook	workbook	workbook	workbook	

Building understanding: Rationale / breakdown for your sequence of lessons:

The topics are chosen following the GCSE SOL however time is given to embed key skills and vocabulary that students require in order to access the curriculum. Regular recap and question practice is embedded. They have developed on from the year 9 and 10 course, where pupils developed a broad understanding. This year looks at the more complex topics, refining and developing exam technique and clarification of any of the more complicated topics pupils have been studying.

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Reading / literacy: Pupils referred to the revision guides, specification and textbooks for further reading and a key word list. Wider reading found on Firefly pages and GCSEPOD.

Numeracy:

Throughout the course which asks pupils to interpret graphs and data relating to sports specific data.

Specific numeracy skills are needed for calculating blood pressure, maximum heart rates, BMI.

External visitors: Fitness providers, possible visits to universities.

Enrichment: GCSE PE support clubs, Sports teams and clubs throughout the year