

## Curriculum Sequencing - Year 11



Year 11 CORE Autumn Term/ Spring Term and Summer Term ('Participation and Choice')	
<p>Students have the opportunity to choose a pathway of activities over the year with their PE teacher so they are able to mould their own PE curriculum to suit their level of performance and individual ability levels. Pathways can be competitive (a focus on traditional competitive sport), Fit4life (more of a focus on activities that help develop fitness) or a mixture of both. The focus of the Year 11 Core PE curriculum is on choice, participation and game play as well as 'there is something for everyone'.</p> <p>Autumn Term and Spring Term</p> <p>Topics covered: Students will cover 4 activities in Autumn term and 4 activities in Spring term.</p> <p>Football Rugby Basketball Netball Handball Hockey Dance Badminton Table tennis Alternative games(Ultimate Frisbee, Fittball, Tchoukball, benchball) Fitness suite Fitness including Aerobics / Step Aerobics/ Zumba / Boxercise/ Yoga/ Circuits/ HIIT/ Cheerleading</p> <p>Summer Term Students will cover 4 activities in the Summer term Athletics Tennis Volleyball Striking and Field: Cricket/ Rounders/ Stoolball/ Softball</p>	<p>How it links to what you have studied before:</p> <p>Build upon and consolidate core and some advanced skills and knowledge learnt in KS3 and Year 10..</p> <p>How it links to what you will study: Build upon the 3 pillars experiences in KS3 and Year 10::</p> <ul style="list-style-type: none"> <li>● Motor competence</li> <li>● Rules, strategies &amp; tactics</li> <li>● Healthy participation</li> </ul>
<p>Healthy participation</p> <p>Knowledge (students know when and why) Social: Socially active Emotional: Well being Physical: Remain active Healthy participation: to know and show how remaining active both socially and physically has a positive impact on a person's emotional wellbeing.</p>	
<p>Assessment Opportunities</p>	

Students are not assessed against any criteria throughout our Year 10 and 11 Core PE lessons, however they are challenged using are B/S/G/P pathways.	
Key words: Refer to SOW for separate activities	Extra-Curricular opportunities Clubs District, County and Regional Competitions
Why we study it: All students will develop motor competence, rules, strategies and tactics and know how to lead a healthy, active lifestyle.	

## GCSE PE

Year 11 Term Autumn Term 1: J587/01 1.2c and J587/02 2.3		
<p>Topics covered:</p> <p>J587/01 Physical factors affecting performance 1.2.c. Preventing injury in physical activity and training</p> <p>J587/02 Socio-cultural issues and sports psychology 2.3 Health, fitness and well-being</p>	<p>How it links to what has been studied before:</p> <p>Sequentially this will build on students previous knowledge further from Year 10 1.1.a/ 1.1.b/1.1c/1.1.d/ 1.1.e and 2.1.a./ 2.1.b/2.1.c</p>	<p>How it links to what will be studied:</p> <p>Final GCSE PE written exam content</p>
<p>Key words: 1.2.c:</p> <p>Risk assessment Risk Hazard</p> <p>2.3:</p> <p>Physical emotional social obesity stress</p> <p>coronary heart disease (CHD) diabetes water posture self-esteem/confidence</p> <p>sedentary lifestyle carbohydrates proteins fats minerals nutrients vitamins</p> <p>fibre hydration</p>	<p>Key skills:</p> <p>Retrieval and recall.</p> <p>Exam question practice</p> <p>Class discussions</p> <p>Independent, pair and group work</p>	
<p>Assessment focus</p> <p>Regular classroom assessments</p> <p>Recall, application activities to improve examination technique</p> <p>End of unit AFL tests</p>	<p>Revision tips</p> <p>Everlearner - <a href="https://theeverlearner.com/">https://theeverlearner.com/</a></p> <p>GCSE Bitesize - <a href="https://www.bbc.co.uk/bitesize/examspecs/ztrcg82">https://www.bbc.co.uk/bitesize/examspecs/ztrcg82</a></p>	
<p>Why we study it: 1.2.c Students will develop their knowledge and understanding of how to prevent injury when participating in physical activities and sport. The potential hazards will be known in a range of physical activities and sports settings. Learners will know how risks can be minimised by using appropriate</p>		

<p>equipment, clothing, correct lifting techniques, using the warm up and cool down and an appropriate level of competition. 2. 3 Students will develop their knowledge and understanding of the benefits of participating in physical activities and sport to health, fitness and well-being as well as having a clear definition of health and fitness. Students will know about the physical, emotional and social benefits as well as the consequences of a sedentary lifestyle. Students will develop their knowledge and understanding of diet and nutrition. Students will understand the main components of a balanced diet, including the effects of these components and hydration on performers using a range of examples from physical activities and sports.</p>
<p>Mastery in this subject</p> <p>For 1.2.c and 2.3 students will be able to recall topics covered and be able to apply their knowledge correctly to past examination questions. Students will be able to meet and or exceed their GTG in the AFL unit test.</p>

<p>Year 11 Term Autumn Term 2 and Spring Term 1: J587/05 Analysis and Evaluation of Performance and revision programme J587/01 and J587/02</p>		
<p>Topics covered:</p> <p>J587/05 Analysis and Evaluation of Performance</p> <p>Revision</p> <p>J587/01 Physical factors affecting performance</p> <p>J587/02 Socio-cultural issues and sports psychology</p>	<p>How it links to what has been studied before:</p> <p>It is expected that students will complete this written piece of work after they have been taught the relevant sections of the theory content in Components 01 and 02. Therefore students use all previous learning from Year 10 and Year 11 to apply to the NEA written coursework.</p>	<p>How it links to what will be studied:</p> <p>Students are required to demonstrate their ability to analyse, evaluate and produce an action plan which aims to improve the quality and effectiveness of their performance in a chosen sport and/or physical activity.</p>
<p>Key words:</p> <p>All from previous units</p>	<p>Key skills:</p> <p>Analyse and evaluate their own practical performance</p> <p>Analyse aspects of personal performance in a practical activity</p> <p>Evaluate the strengths and weaknesses of the performance</p> <p>Produce an action plan which aims to improve the quality and effectiveness of the performance.</p>	
<p>Assessment focus</p> <p>Final piece of written coursework</p>	<p>Revision tips</p> <p>Everlearner - <a href="https://theeverlearner.com/">https://theeverlearner.com/</a></p>	

Autumn Term 2 start: Mock examinations in the sports hall paper 1 and paper 2	GCSE Bitesize - <a href="https://www.bbc.co.uk/bitesize/examspecs/ztrcg82">https://www.bbc.co.uk/bitesize/examspecs/ztrcg82</a>
Why we study it: Through the teaching of the practical activities and the theory content of the specification, students should be able to identify aspects of their performance that are skilful and those that are not. They should be able to recognise strengths and weaknesses in performance and be able to suggest ways in which weaknesses might be improved using appropriate, progressive training or practice methods, which will lead to improvements in the aspects of the performance identified.	
Mastery in this subject  Students will be able to meet and or exceed their GTG in their final NEA piece of coursework. Students will be able to achieve or exceed their GTG in Paper 1 and Paper 2 full mock examinations.	

Year 11 Term Spring Term 2 and Summer Term 1: J587/01 and J587/02 Revision		
Topics covered:  J587/01 Physical factors affecting performance  J587/02 Socio-cultural issues and sports psychology	How it links to what has been studied before:  Revision for all work covered in Year 10 and Year 11	How it links to what will be studied:  Final GCSE PE written examination contents (60%).
Key words:  Regular classroom assessments  Recall, application activities to improve examination technique  Past examination papers  Second full Mock examinations in the sports hall paper 1 and paper 2	Key skills:  Revision  Retrieval and recall.  Exam question practice  Class discussions  Independent, pair and group work	
Assessment focus  Final piece of written coursework	Revision tips  Everlearner - <a href="https://theeverlearner.com/">https://theeverlearner.com/</a>  GCSE Bitesize - <a href="https://www.bbc.co.uk/bitesize/examspecs/ztrcg82">https://www.bbc.co.uk/bitesize/examspecs/ztrcg82</a>	
Why we study it: Revision for final GCSE Paper 1 and Paper 2 written examinations worth 60%.		
Mastery in this subject		

Students will be able to recall topics covered and be able to apply their knowledge correctly to past examination questions. Students will be able to achieve or exceed their GTG in Paper 1 and Paper 2 full mock examinations and examination questions and topic papers.

## SPORTS STUDIES

Year 11 Term Autumn Term 1: R184 Contemporary Issues in Sport / R187 Increasing awareness of Outdoor and Adventure Activities.		
<p>Topics covered:</p> <p>R184- Contemporary Issues in Sport (Recap/ revision)</p> <p>R187- Increasing awareness of Outdoor and Adventure Activities.</p>	<p>How it links to what has been studied before:</p> <p>R184: Content covered in year 10, sequentially this will recap and build on students previous knowledge further</p> <p>R187: Students can apply their knowledge from Key Stage 3 PE and also from cross curricular areas</p>	<p>How it links to what will be studied:</p> <p>R184: formal written exam in year 11</p> <p>R185: Written set assignment coursework submitted in the June Series</p>
<p>Key words:</p> <p>R184 TA1: User groups, Economically disadvantaged, Disposable income, Activity provision, Provision, Promotion, Environment, Climate, Provision of facilities, Social acceptability, Emerging sport.</p> <p>R187 TA1: Outdoor Activities, Water Sports, Trekking, Camping, Climbing, Caving, Cycling, Snow Sports, Gliding, Other land based activities, Teamwork, Resilience, Problem Solving.</p>	<p>Key skills:</p> <p>Retrieval and recall.</p> <p>Exam question practice</p> <p>Class discussions</p> <p>Independent, pair and group work</p> <p>Analysis of case studies.</p> <p>Presentation of own research with analysis.</p>	
<p>Assessment focus</p> <p>Regular classroom assessments</p> <p>Recall, application activities to improve examination technique</p> <p>End of unit AFL tests</p> <p>Written Coursework</p>	<p>Revision tips</p> <p>Everlearner - <a href="https://theeverlearner.com/">https://theeverlearner.com/</a></p>	
<p>Why we study it:</p>		

R184- We study in this order to introduce the theoretical aspects of the topic which will then synoptically link to later areas covered in the exam. In this unit students will learn about a range of topical and contemporary issues in sport, relating to; participation, levels and barriers, promotion of values and ethical behaviour, the role of high-profile sporting events, the role of national governing bodies and how technology is used within sport.

R187- We study in this order to introduce the theoretical aspects of the topic which will then synoptically link to later areas covered in the set assignment. In this unit students will learn to explore outdoor and adventurous activities in a natural outdoor setting. Students will develop an understanding on how you can benefit from and enjoy activities safely by finding out what equipment, clothing, facilities and technology they need. As well as, completing planning to help keep you safe.

Mastery in this subject:

Students will be able to recall topics covered and be able to apply their knowledge correctly in written assignments and to past examination questions. Students will be able to meet and or exceed their GTG in the AFL unit test.

Year 11 Term Autumn Term 2: R184 Contemporary Issues in Sport / R187 Increasing awareness of Outdoor and Adventure Activities.

<p>Topics covered:</p> <p>R184- Contemporary Issues in Sport (Recap/ revision)</p> <p>R187- Increasing awareness of Outdoor and Adventure Activities.</p>	<p>How it links to what you have studied before:</p> <p>R184: Sequentially this will build on students previous knowledge further of R184</p> <p>R187: Sequentially this will build on students previous knowledge further of R187</p>	<p>How it links to what you will study:</p> <p>R184: formal written exam in year 11</p> <p>R187: Written set assignment coursework submitted in the June Series</p>
<p>Key words:</p> <p>R184 TA1/2: User groups, Economically disadvantaged, Disposable income, Activity provision, Provision, Promotion, Environment, Climate, Provision of facilities, Social acceptability, Emerging sport. Team spirit, Citizenship, Tolerance and respect, Inclusion, National pride, Creed, Symbol, Values, Initiatives, Campaigns, Etiquette, Sporting behaviour, Sportsmanship, Gamesmanship, Etiquette, Appropriate behaviour, Inappropriate</p>	<p>Key skills:</p> <p>Retrieval and recall.</p> <p>Exam question practice</p> <p>Class discussions</p> <p>Independent, pair and group work</p> <p>Analysis of case studies.</p> <p>Presentation of own research with analysis.</p>	

<p>behaviour, Performance enhancing drugs, Whereabouts rule, Testing methods, Sanctions</p> <p>R187 TA2: Safety Clothing, Specialist Footwear, Wet Suits, Snow Shoes, Skis, Helmet, GPS and Signalling Devices, Electronic Maps, Personal Beacons, Emergency Position Radio Beacons, Transport, Waterproof Technology, Safety, Weather Reports, Communication, Terrain Research.</p>	
<p>Assessment focus</p> <p>Regular classroom assessments</p> <p>Recall, application activities to improve examination technique</p> <p>End of unit AFL tests</p> <p>Written Coursework</p>	<p>Revision tips</p> <p>Everlearner - <a href="https://theeverlearner.com/">https://theeverlearner.com/</a></p>
<p>Why we study it:</p> <p>R184- We study in this order to introduce the theoretical aspects of the topic which will then synoptically link to later areas covered in the exam. In this unit students will learn about a range of topical and contemporary issues in sport, relating to; participation, levels and barriers, promotion of values and ethical, behaviour, the role of high-profile sporting events, the role of national governing bodies and how technology is used within sport.</p> <p>R187- We study in this order to introduce the theoretical aspects of the topic which will then synoptically link to later areas covered in the set assignment. In this unit students will learn to explore outdoor and adventurous activities in a natural outdoor setting. Students will develop an understanding on how you can benefit from and enjoy activities safely by finding out what equipment, clothing, facilities and technology they need. As well as, completing planning to help keep you safe.</p>	
<p>Mastery in this subject: Students will be able to recall topics covered and be able to apply their knowledge correctly in written assignments and to past examination questions. Students will be able to meet and or exceed their GTG in the AFL unit test.</p>	

<p>Year 11 Term Spring Term 1: R184 Contemporary Issues in Sport / R187 Increasing awareness of Outdoor and Adventure Activities.</p>		
<p>Topics covered:</p> <p>R184- Contemporary Issues in Sport (Recap/ revision)</p>	<p>How it links to what you have studied before:</p>	<p>How it links to what you will study:</p>

<p>R187- Increasing awareness of Outdoor and Adventure Activities.</p>	<p>R184:Sequentially this will build on students previous knowledge further</p> <p>R187: Sequentially this will build on students previous knowledge further of R187</p>	<p>R184: formal written exam in year 11</p> <p>R187: Written set assignment coursework submitted in the June Series</p>
<p>Key words:</p> <p>R184 TA2: Team spirit, Citizenship, Tolerance and respect, Inclusion, National pride, Creed, Symbol, Values, Initiatives, Campaigns, Etiquette, Sporting behaviour, Sportsmanship, Gamesmanship, Etiquette, Appropriate behaviour, Inappropriate behaviour, Performance enhancing drugs, Whereabouts rule, Testing methods, Sanctions</p> <p>R187 TA3: Health and Safety, Personnel, Licensing, Supplies, Location, Organisation, Location, Contingency Plan, First Aid, Rescue, Planning, Risk Assessment, Rescue, Search, Danger Reduction, Preventative Measure, Mitigation.</p>	<p>Key skills:</p> <p>Retrieval and recall.</p> <p>Exam question practice</p> <p>Class discussions</p> <p>Independent, pair and group work</p> <p>Analysis of case studies.</p> <p>Presentation of own research with analysis.</p>	
<p>Assessment focus</p> <p>Regular classroom assessments</p> <p>Recall, application activities to improve examination technique</p> <p>End of unit AFL tests</p> <p>Written Coursework</p>	<p>Revision tips</p> <p>Everlearner - <a href="https://theeverlearner.com/">https://theeverlearner.com/</a></p>	
<p>Why we study it:</p> <p>R184- We study in this order to introduce the theoretical aspects of the topic which will then synoptically link to later areas covered in the exam. In this unit students will learn about a range of topical and contemporary issues in sport, relating to; participation, levels and barriers, promotion of values and ethical, behaviour, the role of high-profile sporting events, the role of national governing bodies and how technology is used within sport.</p> <p>R187- We study in this order to introduce the theoretical aspects of the topic which will then synoptically link to later areas covered in the set assignment. In this unit students will learn to explore</p>		



<p>outdoor and adventurous activities in a natural outdoor setting. Students will develop an understanding on how you can benefit from and enjoy activities safely by finding out what equipment, clothing, facilities and technology they need. As well as, completing planning to help keep you safe.</p>
<p>Mastery in this subject: Students will be able to recall topics covered and be able to apply their knowledge correctly in written assignments and to past examination questions. Students will be able to meet and or exceed their GTG in the AFL unit test.</p>

<p>Year 11 Term Spring Term 2: R184 Contemporary Issues in Sport / R187 Increasing awareness of Outdoor and Adventure Activities.</p>		
<p>Topics covered:</p> <p>R184- Contemporary Issues in Sport (Recap/ revision)</p> <p>R187- Increasing awareness of Outdoor and Adventure Activities.</p>	<p>How it links to what you have studied before:</p> <p>R184:Sequentially this will build on students previous knowledge further</p> <p>R187: Sequentially this will build on students previous knowledge further of R187</p>	<p>How it links to what you will study:</p> <p>R184: formal written exam in year 11</p> <p>R187: Written set assignment coursework submitted in the June Series</p>
<p>Key words:</p> <p>R184 TA3: Regular, Scheduling, Major sporting event, One-off, Regular and recurring, Bidding, Infrastructure, Commercial, Investment, Social infrastructure, Social cohesion, National morale, Direct tourism, Indirect tourism, Relegation, Infrastructure, Terrorism, Legacy, Debt, Scandals</p> <p>R187 TA4: Mental Benefits, Physical Benefits, Social Benefits, Safe Practice, Communication, Decision Making, Teamwork, Interpersonal Skills.</p>	<p>Key skills:</p> <p>Retrieval and recall.</p> <p>Exam question practice</p> <p>Class discussions</p> <p>Independent, pair and group work</p> <p>Analysis of case studies.</p> <p>Presentation of own research with analysis.</p>	
<p>Assessment focus</p> <p>Regular classroom assessments</p> <p>Recall, application activities to improve examination technique</p> <p>End of unit AFL tests</p>	<p>Revision tips</p> <p>Everlearner - <a href="https://theeverlearner.com/">https://theeverlearner.com/</a></p>	

<p>Why we study it:</p> <p>R184- We study in this order to introduce the theoretical aspects of the topic which will then synoptically link to later areas covered in the exam. In this unit students will learn about a range of topical and contemporary issues in sport, relating to; participation, levels and barriers, promotion of values and ethical, behaviour, the role of high-profile sporting events, the role of national governing bodies and how technology is used within sport.</p> <p>R187- We study in this order to introduce the theoretical aspects of the topic which will then synoptically link to later areas covered in the set assignment. In this unit students will learn to explore outdoor and adventurous activities in a natural outdoor setting. Students will develop an understanding on how you can benefit from and enjoy activities safely by finding out what equipment, clothing, facilities and technology they need. As well as, completing planning to help keep you safe.</p> <p>Mastery in this subject: Students will be able to recall topics covered and be able to apply their knowledge correctly in written assignments and to past examination questions. Students will be able to meet and or exceed their GTG in the AFL unit test.</p>
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Year 11 Term Summer 1 and Summer 2: R184 Contemporary Issues in Sport		
<p>Topics covered:</p> <p>R184- Contemporary Issues in Sport (Recap/ revision)</p>	<p>How it links to what you have studied before:</p> <p>R184:Sequentially this will build on students previous knowledge further</p>	<p>How it links to what you will study:</p> <p>R184: formal written exam in year 11</p>
<p>Key words:</p> <p>R184 TA3: Regular, Scheduling, Major sporting event, One-off, Regular and recurring, Bidding, Infrastructure, Commercial, Investment, Social infrastructure, Social cohesion, National morale, Direct tourism, Indirect tourism, Relegation, Infrastructure, Terrorism, Legacy, Debt, Scandals</p> <p>R184 TA4: National Governing Bodies, Performance pathway, Technology, Accuracy of officiating, Technical analysis, Affordability, Unequal access, Spectator experience</p>	<p>Key skills:</p> <p>Retrieval and recall.</p> <p>Exam question practice</p> <p>Class discussions</p> <p>Independent, pair and group work</p>	
Assessment focus	Revision tips	

<p>Regular classroom assessments</p> <p>Recall, application activities to improve examination technique</p> <p>End of unit AFL tests</p>	<p>Everlearner - <a href="https://theeverlearner.com/">https://theeverlearner.com/</a></p>
<p>Why we study it:</p> <p>R184- We study in this order to introduce the theoretical aspects of the topic which will then synoptically link to later areas covered in the exam. In this unit students will learn about a range of topical and contemporary issues in sport, relating to; participation, levels and barriers, promotion of values and ethical, behaviour, the role of high-profile sporting events, the role of national governing bodies and how technology is used within sport.</p>	
<p>Mastery in this subject</p> <p>R184- Students will be able to recall topics covered and be able to apply their knowledge correctly to past examination questions. Students will be able to meet and or exceed their GTG in the AFL unit test.</p>	



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