

Phase 4 Year 11 GCSE Sport Overview (Key stage 4)

| Year | Year 11 (2020/21) | | | | | | | |
|---------|--|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|--------------------------------|---------------|
| Foci | Placing theory into practice. Year 11 students are embarking on their year 11 GCSE 1- 9 Examinations. The final year focuses on each student's three practical sports assessments and the creation of their individual Personal Development Plan (PEP) . The course content allows the students to identify, describe and analyse their own and others performance in a variety of sporting contexts, whilst understanding areas to improve and develop. The course has been designed to empower learning through a self centred approach allowing for a more holistic and whole learning/ creative approach of education. | | | | | | | |
| Time | 1 week | 1-2 weeks | 1 week | 2 weeks | 1-2 weeks | 2-3 weeks | 4-6 weeks | 6-8 weeks |
| Project | 4 - Personal Exercise Programme (PEP) | 4 - Personal Exercise Programme (PEP) | 4 - Personal Exercise Programme (PEP) | 4 - Personal Exercise Programme (PEP) | 4 - Personal Exercise Programme (PEP) | 4 - Personal Exercise Programme (PEP) | 3 - Practical Performance | GCSE Revision |
| Subject | Introduction to PEP Aims and Objectives | Fitness Testing | Design and Plan (PEP) SMART TARGETS | GYM/ PEP Train and Improve | Mid PEP Fitness Testing | GYM /PEP and Evaluation | Individual and team activities | REVISION |

| Spec. Ref | 4.1 | 4.3 | 4.2 | 4.3 | 4.3 | 4.3 | 3 | |
|------------------|--|---|---|--|--|--|---|---|
| Driving Question | What is a PEP | What is your level of fitness | What to do to improve? | Are you developing? | What is your level of fitness? | Have you improved? | What do I need to do for my practical performance? | What don't you know? |
| Topics | <ul style="list-style-type: none"> -What a PEP involves -How your PEP will be assessed -How to plan an appropriate PEP -How to carry out and monitor your PEP -How to analyse and evaluate your PEP | <ul style="list-style-type: none"> -Understanding various fitness tests and how to set up -Facilitate own learning by working independently or in pairs to assess fitness levels. -Identifying components of fitness | <ul style="list-style-type: none"> What a PEP involves -How your PEP will be assessed -How to plan an appropriate PEP -How to carry out and monitor your PEP -How to analyse and evaluate your PEP | <ul style="list-style-type: none"> -Identifying components of fitness -How to use gym equipment safety and effectively -How to self manage motivate and engage in self centred learning -How to monitor self performance and peer assess | <ul style="list-style-type: none"> -Understanding various fitness tests and how to set up -Facilitate own learning by working independently or in pairs to assess fitness levels. -Identifying components of fitness -How to carry out and monitor your PEP -How to analyse and evaluate your PEP | <ul style="list-style-type: none"> -Understanding various fitness tests and how to set up -Facilitate own learning by working independently or in pairs to assess fitness levels. -Identifying components of fitness -How to carry out and monitor your PEP -How to analyse and evaluate your PEP | <ul style="list-style-type: none"> -What you need to do for your practical component of the course -What activities can you do -How you will be assessed and marked on your practical -How prepare effectively for your performance | <ul style="list-style-type: none"> Revisit ALL Units in components 1 Fitness and body systems and 2 Health and Performance |

End of Module Assessment

The students will sit an assessment at the end of each module. This assessment will allow students to experience GCSE PE exam questions relevant to the module they have studied and prepare them for working under exam conditions. This will support the students progress into year 10 and prepare them for their final GCSE exam.



Learning Together, Achieving Excellence
Long-term planning GCSE PE Year 11