

Subject:

Physical Education



HECKMONDWIKE
GRAMMAR SCHOOL

KS4 - Year 11 Curriculum Overview

	Topics being taught	What you will be assessed on	How you can support at home
Autumn Term	<p>Paper 1: Structure and Function of the Cardio-respiratory System. Anaerobic and Aerobic Exercise</p>	<p>Term 1 NEA – Coursework assessment – Analysis and Evaluation of Performance in one activity</p>	<p>Complete topic work books. https://thepeclassroom.com/login/</p>
	<p>Paper 2: Engagement patterns in Sport Commercialisation and Sport – sponsorship and the media Ethics and Sport – Performance enhancing drugs, Violence in Sport</p>	<p>Term 2 Mock examinations of all Year 10 and 11 content that you have covered so far. Paper 1 and Paper 2 exam</p>	<p>Complete coursework preparation tasks. Revision for mock examinations. Work through exam board revision guide. https://thepeclassroom.com/login/</p> <p>Obtain video evidence for all offsite activities. Access the Everlearner AQA revision videos on YouTube https://www.youtube.com/watch?v=aYrOWt8uxwY</p> <p>Complete topic workbooks and extended learning. Refer to specification guidance https://filestore.aqa.org.uk/resources/pe/specifications/AQA-8582-SP-2016.PDF</p>

CHRISTMAS HOLIDAYS - CHRISTMAS HOLIDAYS - CHRISTMAS HOLIDAYS - CHRISTMAS HOLIDAYS

	Topics being taught	What you will be assessed on	How you can support at home
Spring Term	<p>Paper 1: Short and Long Term effects of exercise on the body</p>	<p>Term 3 Causes and examples of violence in sport. Cardio-respiratory system Causes, prevention and treatment of common sports injuries. Effects of performance enhancing drugs Violence in Sport Health, Fitness and Well-being</p>	<p>Complete all extended learning tasks and active revision.</p>
	<p>Paper 2: Health, Fitness and Well-Being – physical, emotional and social well being Consequences of a sedentary lifestyle Diet and Nutrition</p> <p>NEA – completion of final practical performances in one individual, one team and one other sport</p>	<p>Term 4 Mock Paper 2 – Paper 1 and Paper 2. All course content</p>	<p>Completion of performance log books and video evidence</p> <p>Active revision for 2nd mock examination</p> <p>Continue to use PE Classroom online revision resources</p>

EASTER HOLIDAYS - EASTER HOLIDAYS - EASTER HOLIDAYS - EASTER HOLIDAYS - EASTER HOLIDAYS

	Topics being taught	What you will be assessed on	How you can support at home
Summer Term	<p>Ongoing revision of all topics Focus on extended answer questions and the structure of long answer questions</p>	<p>Term 5 Application of theory to sports performance. Definition of key terms and theories. Analysis of data and effects on performance and participation in sporting activities</p>	<p>Module work books Follow revision plan</p>
		<p>Term 6 Final examinations on all course content</p>	<p>Revision tasks – Past questions</p> <p>Active revision</p> <p>Transition work in preparation for A level studies</p>