



Year 11					
Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
<p><b>Analysis and Evaluation of Performance (AEP)</b></p> <p><b>Purpose:</b> To teach students how to analyse, evaluate, and improve sports performance.</p> <p>Students will learn to identify strengths and weaknesses in their own and others' performance and create action plans for improvement.</p> <p><b>Overview of the knowledge and skills covered in this unit:</b></p> <ul style="list-style-type: none"><li>• Analysing performances.</li><li>• Interpreting data.</li><li>• Evaluating performance.</li><li>• Identifying strengths and weaknesses'.</li><li>• Justifying judgements.</li><li>• Creating an action plan including SMART</li></ul>	<p><b>Sports Psychology</b></p> <p><b>Purpose:</b> To provide students with an understanding of how psychological factors influence performance in sports and physical activity.</p> <p>They will explore the mental and emotional aspects of sport, learning how to apply psychological principles to improve performance and wellbeing.</p> <p>This unit aims to help them understand why athletes behave the way they do and how you can use this knowledge to their advantage as a performer or coach.</p> <p><b>Overview of the knowledge and skills covered in this unit:</b></p> <ul style="list-style-type: none"><li>• Motivation</li><li>• Arousal</li><li>• U theory</li></ul>	<p><b>Health, Fitness and Wellbeing</b></p> <p><b>Purpose:</b> To provide students with a foundational understanding of the interconnected concepts of health, fitness, and wellbeing.</p> <p>It aims to teach students how these elements contribute to a balanced and active lifestyle, and how they can be measured and improved.</p> <p>The unit encourages students to apply theoretical knowledge to practical scenarios, helping them make informed choices about their own health and physical activity.</p> <p><b>Overview of the knowledge and skills covered in this unit:</b></p> <ul style="list-style-type: none"><li>• The holistic nature of</li></ul>	<p><b>Sociocultural influences in sport</b></p> <p><b>Purpose:</b> To explore how social and cultural factors influence sport and physical activity.</p> <p>It helps students understand why people participate in certain sports, what barriers exist, and the role of sport in society.</p> <p><b>Overview of the knowledge and skills covered in this unit:</b></p> <p>This unit covers a range of topics that help us understand the link between sport and society including:</p> <ul style="list-style-type: none"><li>• Social groups</li><li>• Sport and Society</li><li>• Media in sport</li><li>• Commercialisation of sport</li><li>• Ethical and moral</li></ul>	<p><b>Exam Preparation</b></p> <p><b>Purpose:</b> Provide students with appropriate tools to revise and prepare for Paper 1 and Paper 2.</p> <p><b>Overview of the knowledge and skills covered in this unit:</b></p> <ul style="list-style-type: none"><li>• Principles of training</li><li>• Components of fitness</li><li>• Skeletal System</li><li>• Muscular System</li><li>• Movement analysis</li><li>• Cardiovascular and respiratory systems.</li><li>• Sports Psychology</li><li>• Health Fitness and Wellbeing</li><li>• Sociocultural Influences in sport.</li></ul> <p><b>How will this be assessed?</b> Formal GCSE Exam.</p>	<p>Students will be sitting their formal GCSE exams this term.</p>



targets.	<ul style="list-style-type: none"><li>• Stress and Anxiety</li><li>• Goal setting</li><li>• Mental preparation.</li></ul>	health, looking beyond just physical fitness <ul style="list-style-type: none"><li>• The importance of a balanced diet</li><li>• The impact of a sedentary lifestyle</li><li>• The mental and social benefits of physical activity. This includes understanding the link between physical activity and stress reduction, improved sleep, and enhanced self-esteem.</li></ul>	issues.		
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