



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



<p>targets.</p> <p>How will this be assessed?</p> <ul style="list-style-type: none">• Coursework• Practical application of skills in chosen sports.	<ul style="list-style-type: none">• Stress and Anxiety• Goal setting• Mental preparation. <p>How will this be assessed?</p> <ul style="list-style-type: none">• Mid unit assessment.• End of unit assessment.	<p>health, looking beyond just physical fitness</p> <ul style="list-style-type: none">• The importance of a balanced diet• The impact of a sedentary lifestyle• 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. <p>How will this be assessed?</p> <ul style="list-style-type: none">• Mid unit assessment.• End of unit assessment.	<p>issues.</p> <p>How will this be assessed?</p> <ul style="list-style-type: none">• Mid unit assessment.• End of unit assessment.		
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