

# Year 11 Curriculum Plan

## PE



	Autumn 1	Autumn 2	Spring 1	Spring 2
<b>PRIOR LEARNING</b>	<p>In KS3 PE, pupils will have developed their knowledge and understanding of tactics and strategies in order to overcome opponents in direction competition. They will also have developed their knowledge of advanced dance techniques with a range of dance styles and take part in outdoor and adventurous activities which will have enabled pupils to work in a team and develop problem solving skills.</p> <p>Pupils will utilise their prior learning of KS3 PE to enhance core and advanced skills as part of the year 10 core PE activities:  <b>Football, Basketball, Netball, Trampolining, Badminton, Rugby, Healthy Active Lifestyles</b></p>			
<b>KNOWING WHAT...</b>	<p><u>OCR Sports Studies:</u></p> <ul style="list-style-type: none"> <li>The different sources of media that cover sport</li> <li>Positive and negative effects of the media in sport</li> <li>Issues which affect participation in sport</li> <li>The role of sport in promoting values</li> <li>The implications of hosting a major sporting event for a city or country</li> <li>The role National Governing Bodies (NGBs) play in the development of their sport</li> <li>The use of technology in sport</li> </ul>	<p><u>GCSE PE</u></p> <ul style="list-style-type: none"> <li>Engagement patterns of different social groups in physical activities and sports</li> <li>Commercialisation of physical activity and sport</li> <li>Ethical and socio-cultural issues in physical activity and sport</li> <li>Sports psychology</li> <li>Health, fitness and well-being</li> </ul>	<p><u>VCERT PE:</u></p> <ul style="list-style-type: none"> <li>Components of fitness</li> <li>Fitness testing</li> <li>Training methods</li> <li>Training principles and training programmes</li> <li>Physical readiness tools</li> <li>Goal setting</li> <li>Health and safety</li> <li>Warm up and cool down</li> </ul>	
<b>KNOWING HOW...</b>	<p><u>OCR Sports Studies:</u></p> <ul style="list-style-type: none"> <li>How to Distinguish between different media sources and how they cover sport</li> <li>How the positive relationship between the media and sport works</li> <li>How a range of negative effects of the media on sport relate to spectators and live sport</li> <li>How to apply content knowledge to example style questions based on a range of contemporary issues in sport, relating to;</li> <li>Participation levels and barriers</li> <li>Promotion of values and ethical behaviour</li> <li>The role of high-profile sporting events</li> <li>The role of national governing bodies</li> <li>How technology is used within sport.</li> </ul>	<p><u>GCSE PE</u></p> <ul style="list-style-type: none"> <li>Know how to explain different factors influence the engagement of different culture groups in PE and sport</li> <li>Know how the commercialisation of sport influences the media, sport and the performer</li> <li>Know how sportsmanship, gamesmanship, etiquette</li> <li>Know how to apply the characteristics of a skilful movement to different practical situations and how these aid athletes' performance. and deviance can impact sport</li> <li>Know how health, fitness and well-being are linked together and how they link to everyday life.</li> </ul>	<p><u>VCERT PE:</u></p> <ul style="list-style-type: none"> <li>Know how to identify the health and skill related fitness components and how to link them to a test.</li> <li>Know how to carry out each training method</li> <li>Know how to apply the training principles to different training methods</li> <li>Pupils will learn how to plan a warmup</li> <li>Pupils will learn how to plan a cool down</li> </ul>	
<b>ASSESSMENT</b>	<p><u>OCR Sports Studies:</u></p> <p>Topic Area 1: The different sources of media that cover sport</p> <p>Topic Area 2: Positive effects of the media in sport</p> <p>Topic Area 3: Negative effects of the media in sport</p> <p>Theory assessment paper based on the declarative knowledge above</p>	<p><u>GCSE PE</u></p> <p>Theory assessment paper based on the declarative knowledge above and how the pupils can apply this declarative knowledge into a practical setting using practical examples from sport (procedural knowledge)</p>	<p><u>VCERT PE:</u></p> <p>Theory assessment paper based on the declarative knowledge above and controlled assessment.</p>	

The PE curriculum will include a broad range of activities during their KS3 Journey. The KS3 curriculum aims to allow pupils to develop their sporting ability across different sports, techniques, analysis of performance, strategical decision-making skills and how to lead a healthy active lifestyle.

The KS3 activities that each year group will follow will vary slightly throughout the school year due to teaching space availability.

**Updated: December 2023**