

P.E. (GCSE)



| The areas of development are: | Solutions |
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| <u>P.E.</u> | |
| <ul style="list-style-type: none"> Physical, emotional and social health, fitness and well-being | <ul style="list-style-type: none"> BBC Bitesize: Health and Well-being |
| <ul style="list-style-type: none"> Understanding the consequences of a sedentary lifestyle | <ul style="list-style-type: none"> BBC Bitesize: Sedentary Lifestyles |
| <ul style="list-style-type: none"> Understanding good energy use, diet, nutrition and hydration | <ul style="list-style-type: none"> BBC Bitesize: Diet and Nutrition |
| <ul style="list-style-type: none"> Being able to clarify skills (basic/complex, open/closed) | <ul style="list-style-type: none"> BBC Bitesize: Classification of Skill |
| <ul style="list-style-type: none"> Understanding the use of goal setting and SMART targets to improve and/or optimise performance | <ul style="list-style-type: none"> BBC Bitesize: Target Setting |
| <ul style="list-style-type: none"> Using guidance and feedback on a performance | <ul style="list-style-type: none"> BBC Bitesize: Guidance BBC Bitesize: Feedback |
| <ul style="list-style-type: none"> Demonstrating mental preparation for a performance | <ul style="list-style-type: none"> BBC Bitesize: Mental Preparation |
| <ul style="list-style-type: none"> Recognising engagement patterns of different social groups in physical activity and sport | <ul style="list-style-type: none"> BBC Bitesize: Social Groupings |
| <ul style="list-style-type: none"> Understanding the commercialisation of physical activity and sport | <ul style="list-style-type: none"> BBC Bitesize: Commercialisation |
| <ul style="list-style-type: none"> Recognising the ethical and socio-cultural issues in physical activity and sport using data | <ul style="list-style-type: none"> BBC Bitesize: Ethical factors Reflect on classroom assessments and past papers |
| <ul style="list-style-type: none"> Understanding methods of injury prevention and treatment | <ul style="list-style-type: none"> BBC Bitesize: Injuries (Page 2 and 3) |
| <ul style="list-style-type: none"> Understanding the benefits and side-effects of using performance enhancing drugs | <ul style="list-style-type: none"> BBC Bitesize: Performance Enhancing Drugs (Page 4) |
| <ul style="list-style-type: none"> Understanding the use of lever systems and mechanical advantages and disadvantages | <ul style="list-style-type: none"> BBC Bitesize: Lever Systems |
| <ul style="list-style-type: none"> Recognising the movement patterns and analysis | <ul style="list-style-type: none"> BBC Bitesize: Movement Analysis |
| <ul style="list-style-type: none"> Demonstrating skills in a team sport and applying appropriate technique(s) | <ul style="list-style-type: none"> BBC Bitesize: Practical Performance Edexcel: Practical Performance Guide |

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| <ul style="list-style-type: none">• Analysing data gathered during the Personal Exercise Programme | <ul style="list-style-type: none">• BBC Bitesize: Writing a Personal Exercise Programme (Page 2) |
| <ul style="list-style-type: none">• Evaluating results to show how their performance in their chosen activity has improved | <ul style="list-style-type: none">• BBC Bitesize: Writing a Personal Exercise Programme (Page 2) |
| <ul style="list-style-type: none">• Making recommendations for further improvements/optimisation to their performances | <ul style="list-style-type: none">• BBC Bitesize: Writing a Personal Exercise Programme (Page 2) |

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