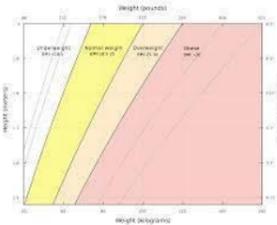


GCSE Physical Education Learning Journey



Revision



Revision



Revision



Revision

Year 11 HT6

Exams and NEA



The contribution that participating in physical activity and sport can make to physical, emotional and social health and wellbeing.

The consequences of a sedentary lifestyle



Obesity

Somatotypes



Nutrition for sport and Hydration

Theory - Unit 6: Health, Fitness and Well-being

Year 11 HT5



Energy use and a balanced diet



Commercialisation and the impact of the media and sponsorship



Motivation

Personality Types

Year 11 HT4

Theory - Unit 5: Socio-cultural Influences



Spectator behavior

Performance enhancing drugs



Different social groups and factors that affect participation in physical activity and sport

Coursework: Section 2 - Evaluation

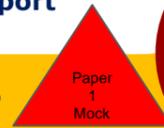
Creating an action plan that will develop the skill identified as a weakness. Evaluation of the action plan

The impact of technology on physical activity and sport

Year 11 HT3

Theory - Unit 4: Sports Psychology

Theory - Unit 5: Socio-cultural Influences



Disability



Aggression - and how it affects performance

Gender Age Family/Friends/Peers

Race/Religion/Culture

Year 11 HT2

Information processing

Methods of classifying skills



Arousal - and how it affects performance

Theory - Unit 4: Sports Psychology

Skill and ability

Guidance and feedback on performance

Goals and SMART targets

Year 11 HT1