

## AUTUMN 1

<b>Physical, Social &amp; Emotional Health</b> – impacts of sport/exercise on these.	<b>Lifestyle Choices</b> – impact on health of smoking, alcohol, work, rest, drugs, and sedentary lifestyle.	<b>Factors affecting choices in sport</b> – impact of people, socio-economic, location, disability.	<b>Diet and sport</b> – components of a balanced diet, diet and exercise, hydration.	<b>Diet and sport</b> – carbohydrate loading, protein loading, energy balance, optimum weight.	Prior Learning Knowledge from anatomy and physiology gained in Yr10, PSHCE lessons and knowledge gained on impact and health.
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## AUTUMN 2

<b>Skill classification</b> – continua, examples from a range of sports.	<b>Practice structures</b> – massed, distributed, variable, fixed related to skills and ability levels.	<b>Guidance and feedback</b> – types of feedback & guidance related to skills, sports & ability levels.	<b>Commercialisation of sport</b> – media, sponsorship and sport and the impacts on each other.	<b>Sportsmanship, gamesmanship &amp; deviance</b> – examples and impact on sport.	Prior Learning Knowledge gained from year 10 lessons. Limited knowledge of content as different to anything else completed previously.
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## SPRING 1

<b>Mocks/ reviewing mocks</b>	<b>Completion of PEP (if required)</b>	<b>Practical assessments in sports</b>	Prior Learning Purple pen when reviewing exam papers. Application of rules, and techniques gained from clubs, previous practical lessons.
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## SPRING 2

<b>Practical assessments in sports</b>	<b>Practical preparation for moderation</b>	Prior Learning Application of rules, and techniques gained from clubs, previous practical lessons.
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## SUMMER 1

<b>Revision leading to exams</b>	Prior Learning Knowledge from lessons, past papers and mocks already completed.
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### CAREERS LINKS

Coaching  
PE teaching  
Refereeing/ umpiring  
Fitness Instructor  
Physio Therapist  
Sport Scientist  
Sports Development officer  
Leisure and tourism industry

### CHARACTER LINKS

Intellectual virtues through reflection, judgement, and reasoning when evaluating performances and skills.  
Performance virtues through confidence, determination, motivation, resilience, and teamwork during practical activities.  
Moral Virtues through respecting teammates and opponents.

### KEY ASSESSMENT DATES

Assessments take place during Oct, mock examinations at Christmas/New year and in February, a practical assessment. External assessment for practical and moderation of peps occurs between 1st March-4th May. External exams x2 taken in May.