



## Year 11 PE – GCSE (2 sides max)

The GCSE PE course has been designed to build on knowledge and experience of PE and sport from Key Stage 3 and develop knowledge and understanding to help prepare students for further study of Sport at Level 3/A Level. In practical lessons students continue to specialise in their chosen sports developing more complex techniques and tactical understanding. In theory lessons students develop a more complex understanding of how the human body works during exercise, with an increasing demand to develop more specialist tier 3 vocabulary.

Methods of deepening and securing knowledge: (these will be amended if not all aspects are covered – there is no expectation they will be)

Retrieval practice Spaced practice	Retrieval tasks are regularly used at the start of lessons and through homework tasks to support students in recalling key information from knowledge organisers. Retrieval tasks are spaced over time to support long-term learning.
Concrete examples	In every lesson students are encouraged to know specific sporting examples so they are able to easily apply their understanding to a range of sports activities and situations and use these effectively in their coursework and to answer exam questions.

	Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
Practical topic(s)	<b>Netball</b> - Receiving on the move and 1-handed catch - Running pass - Advanced dodges - Blocking and intercepting - Rebounding - Shooting from distance - Set plays e.g. centre pass - Full-sided games - Specialist rules e.g. penalty pass or shot  <b>or Football</b> - Short and long passing (both feet) - Heading - Closing down and jockeying - Crossing and finishing from a cross - Marking at set plays - Full-sided games - Specialist rules e.g. offside, penalties		<b>Hockey</b> - 1v1 attack - Receiving on the move and reverse stick - Hitting - Specialist shooting skills e.g. lifted shot - Jab and reverse stick tackles - Channelling and shadowing - Penalty corners - Full-sided games - Specialist rules e.g. penalty corners  <b>or Handball</b> - Passing on the move and feint pass - Receiving on the move and 1-handed catch - Jump and hip shots - Blocking and tackling - Attack and defence at set plays - Full-sided games - Specialist rules e.g. holding/ contact			
Assessment	- Skills assessment (10 marks) - Full context assessment (15 marks)		- Final practical assessments - GCSE moderation/practical exam			

Theory topic(s)	<b>Blue 3.1</b> - Physical, emotional and social health <b>Blue 3.2</b> - Consequences of a sedentary lifestyle - Obesity - Somatotypes <b>Blue 3.3</b> - Energy use - Diet and nutrition - Hydration	<b>Green 1.1</b> - Skeletal system - Types of joints - Types of movement - Muscular system <b>Green 1.2</b> - Cardiovascular system - Mechanics of breathing - The pathway of air through the lungs	<b>Green 1.3</b> - Aerobic and anaerobic exercise <b>Green 1.4</b> - Short-term effects of exercise - Long-term effects of exercise <b>Green 2.1</b> - Lever systems <b>Green 2.2</b> - Planes and axes of movement	<b>Revision and exam preparation for:</b> - Paper 1 (Green) - Paper 2 (Blue)	<b>Revision and exam preparation for:</b> - Paper 1 (Green) - Paper 2 (Blue)	
Assessment	- Year 11 Assessment 1	- Past exam question (5M) on the role of the skeletal system.	- Year 11 Assessment 2 (PPE)	- Year 11 Assessment 3 (full exam papers)		

**Homework:**  
Homework is a core part of learning in GCSE PE to support students in deepening their understanding from lessons and broadening their experience of the world of sport. There are different types of homework set in GCSE PE to help students prepare for their assessments (e.g. practice exam questions, retrieval revision tasks). This allows teachers and students to see their progress and understand what still needs to be learned before their final exams.