The Sutton Academy

Curriculum Overview – Year 11 GCSE Physical Education

Unit Title	Learning	How can parents best support?
Half term 1 – Sport psychology: goal setting, mental preparation, guidance and feedback (recap)	Understand and be able to apply examples of the use of goal setting. Understand the SMART principle of goal setting. Know mental preparation techniques and be able to apply practical examples to their use. Understand types of guidance, their advantages and disadvantages, and be able to apply practical examples to their use. Understand types of feedback and be able to apply practical examples to their use	Ensure your child brings weather appropriate PE kit to each of their practical lessons. Encourage your child to attend a range of extra- curricular clubs to improve their practical performance. Encourage your child to read about activities they are unfamiliar with to enhance their knowledge and understanding.
Prevention of injury in physical activity (recap) Movement analysis	Understand how the risk of injury in physical activity and sport can be minimised and be able to apply examples. Know the location of the planes of movement in the body and their application to physical activity and sport. Know the location of the axes of rotation in the body and their application to physical activity and sport.	Follow our department twitter account for regular updates @TSA_pedept OCR website and support materials - <u>https://www.ocr.org.uk/qualifications/gcse/physical-</u> education-j587-from-2016/



Half term 2 - Cardiovascular system	Know the double-circulatory system (systemic and pulmonary)	https://revisionworld.com/gcse-revision/pe-physical-
		education/ocr-gcse-physical-education-pe
	Understand the pathway of blood through the heart:	
		https://senecalearning.com/en-GB/
	know the definitions of:	
	heart rate	https://www.bbc.co.uk/bitesize/examspecs/ztrcg82
	• stroke volume	
	• cardiac output	https://www.brianmac.co.uk/
	Know the role of red blood cells.	
	Know and understand the pathway of air through the	
Respiratory system	respiratory system.	
Respiratory system		
	Know the role of respiratory muscles in breathing.	
	Know the definitions of:	
	breathing rate	
	• tidal volume	
	minute ventilation	
	Understand about alveoli as the site of gas exchange.	



Half term 3 - Effects of exercise on the body systems	Understand the short and long term effects of exercise. Be able to apply the effects to examples from physical activity/ sport. Be able to collect and use data relating to short and long term effects of exercise.
Commercialisation of sport	Understand the influence of the media on the commercialisation of physical activity and sport. Know the meaning of commercialisation, including sport, sponsorship and the media (the golden triangle)
Half term 4 – Ethical and socio cultural issues	Know and understand the value of sportsmanship and the reasons for gamesmanship and deviance in sport. Know and understand the reasons why sports performers use drugs. Know and understand the reasons for player violence.
Engagement patterns of different social groups in physical activities and sports	Be familiar with current trends in participation in physical activity and sport. Understand how different factors can affect participation.