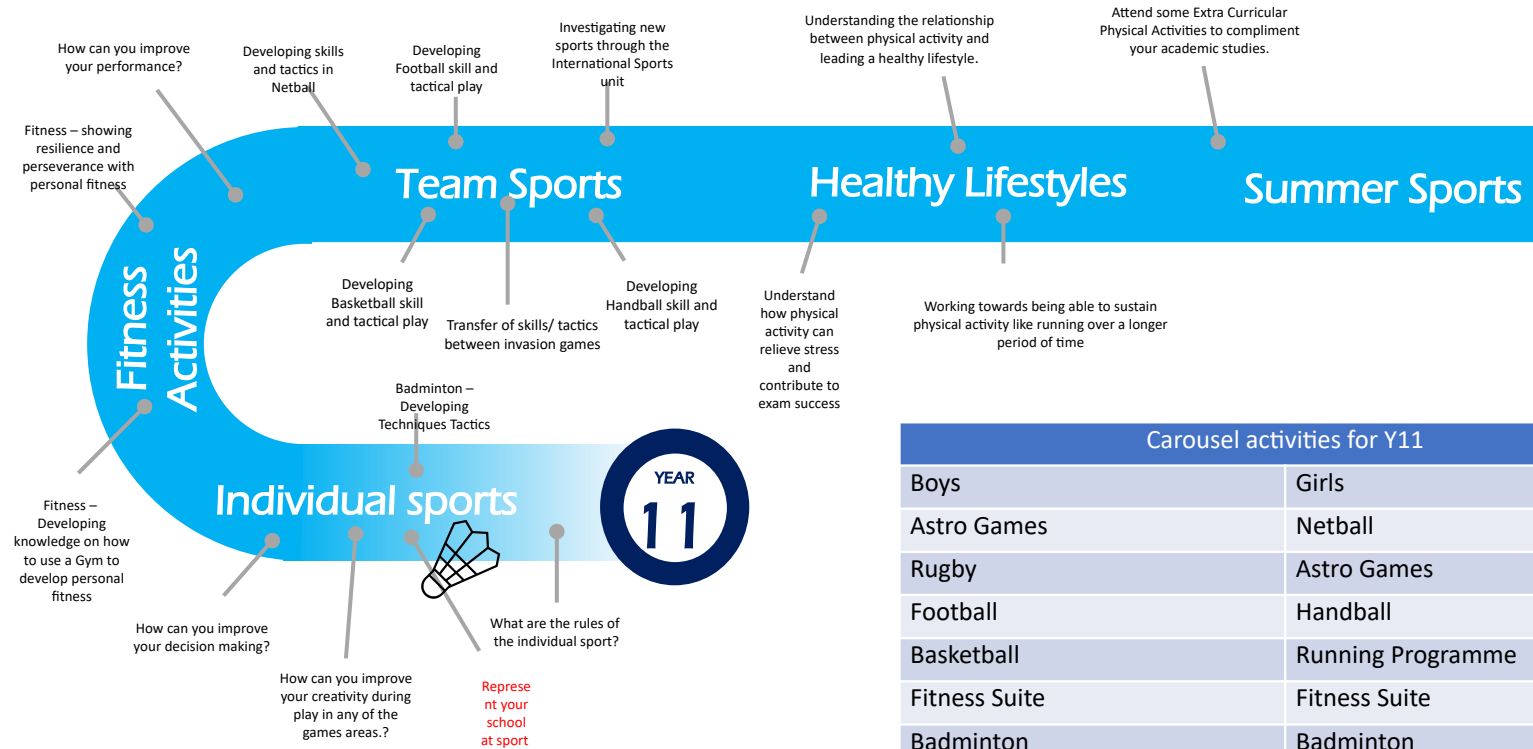


What will you be learning in Year 11 Core PE?

Skill and attributes learnt through the activities

- Skills for the games we play
- Rules for the games we play
- Tactical understanding and concepts
- Resilience for when things don't go your way
- How to win and lose gracefully
- How to warm up and recover from exercise
- How physical activity affects our bodies in the short and long term
- How to train to improve performance in sport
- How to sustain physical activity over a longer period of time
- A sense of pride through physical achievements
- How physical activity can contribute to better mental health.



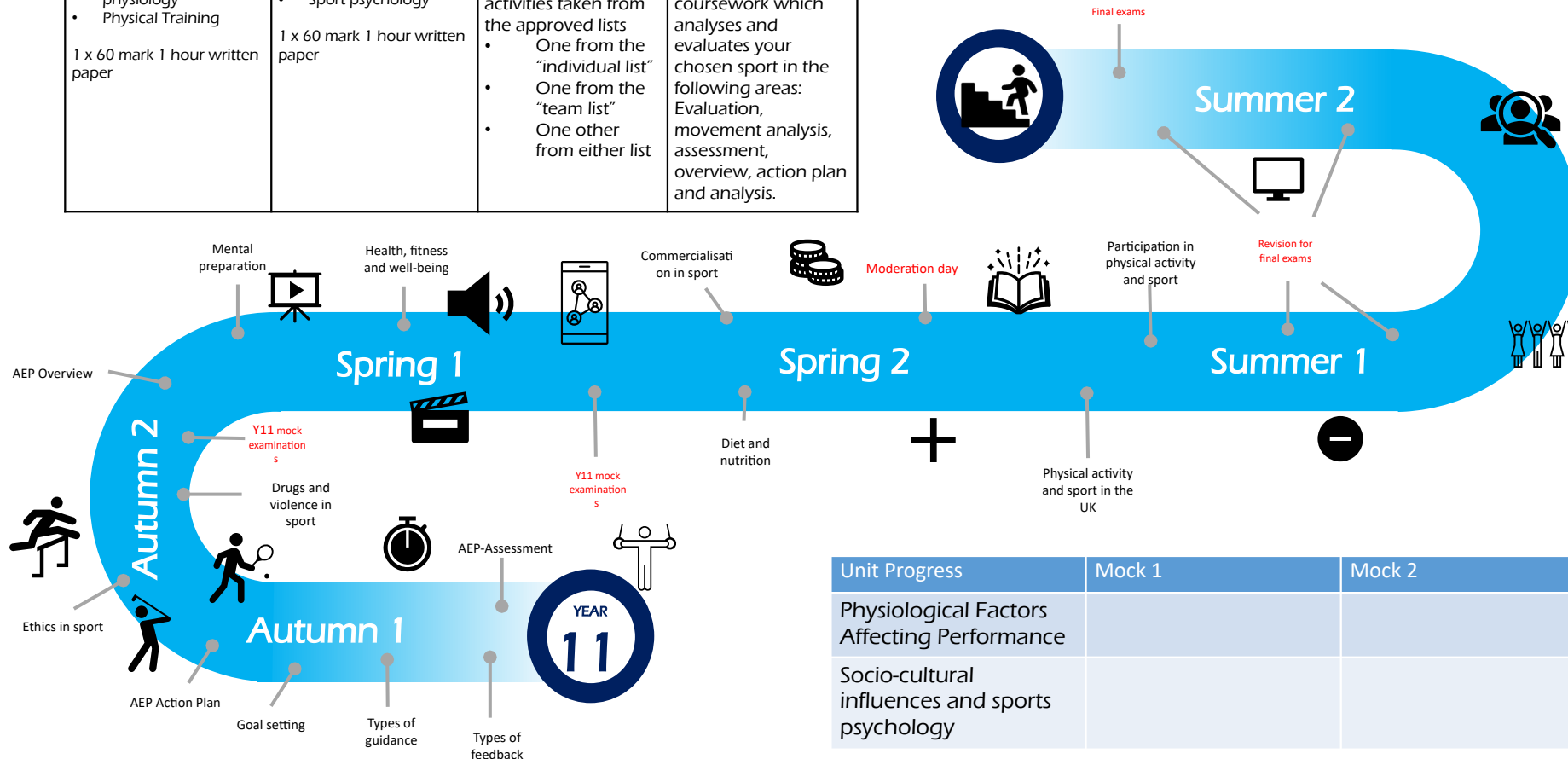
Carousel activities for Y11

Boys	Girls
Astro Games	Netball
Rugby	Astro Games
Football	Handball
Basketball	Running Programme
Fitness Suite	Fitness Suite
Badminton	Badminton
Athletics	Athletics
Striking Fielding	Striking Fielding

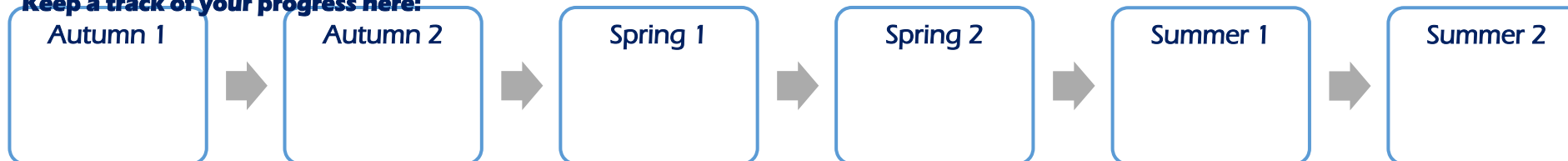
What will you be learning in Y11 GCSE PE?



Physical factors affecting performance 30%	Socio-cultural influences and sports psychology 30%	Performance in physical education (non-exam assessment) 20%	Analysing and Evaluating Performance (AEP) 10%
<ul style="list-style-type: none"> Applied anatomy and physiology Physical Training <p>1 x 60 mark 1 hour written paper</p>	<ul style="list-style-type: none"> Skill acquisition Sport psychology <p>1 x 60 mark 1 hour written paper</p>	<p>Performance of three activities taken from the approved lists</p> <ul style="list-style-type: none"> One from the "individual list" One from the "team list" One other from either list 	<p>Six pieces of written coursework which analyses and evaluates your chosen sport in the following areas: Evaluation, movement analysis, assessment, overview, action plan and analysis.</p>



Keep a track of your progress here:

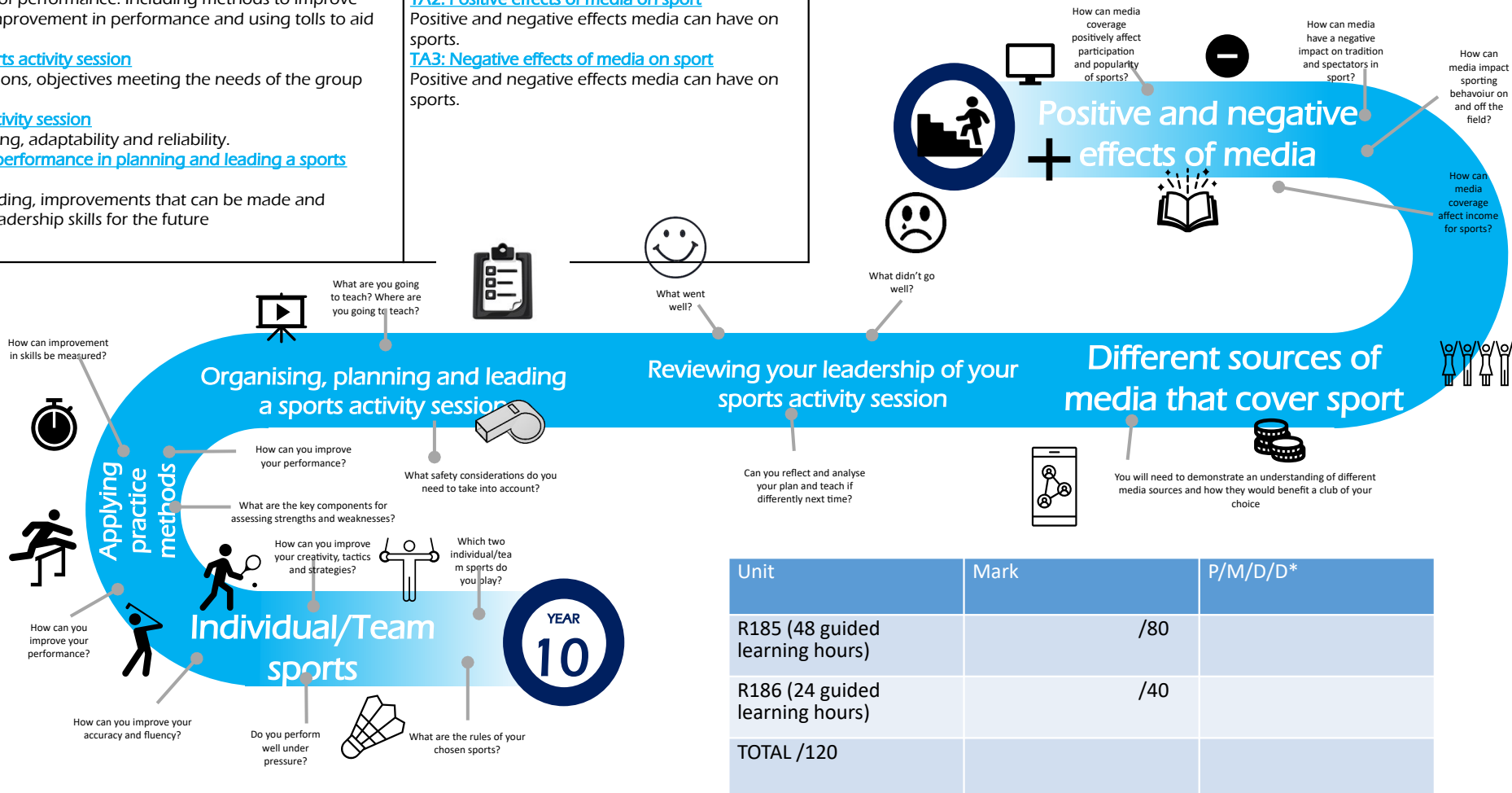


What will you be learning in Sports Studies?



R185 Performance and Leadership in sports activities	R186 – Sport and the media
<p>TA1: Key components of performance Performance in two selected activities. Performance of skills and techniques, decision making and managing and maintaining performance.</p> <p>TA2: Applying practice methods to support improvement in a sporting activity Strengths and weaknesses of performance. Including methods to improve performance, measuring improvement in performance and using tools to aid evaluation.</p> <p>TA3: Organisation of a sports activity session Including safety considerations, objectives meeting the needs of the group and leading the session.</p> <p>TA4: Leading a sporting activity session Including safe practice, timing, adaptability and reliability.</p> <p>TA5: Reviewing your own performance in planning and leading a sports activity session Including the planning, leading, improvements that can be made and opportunities to develop leadership skills for the future</p>	<p>TA1: The different sources of media that cover sport Distinguishing between different social media sources and how they cover sport.</p> <p>TA2: Positive effects of media on sport Positive and negative effects media can have on sports.</p> <p>TA3: Negative effects of media on sport Positive and negative effects media can have on sports.</p>

Sports Studies New Specification



Unit	Mark	P/M/D/D*
R185 (48 guided learning hours)	/80	
R186 (24 guided learning hours)	/40	
TOTAL /120		

Keep a track of your progress here:

