

# Year 11

# Subject: Physical Education

	Unit of work & brief outline of what will be covered.	Key Objectives – what will students learn	Assessment
1	<p>NEA – Coursework write up (evaluation)</p> <p>NEA – Badminton</p>	<p>Students will justify a type of training to improve their fitness component weakness from their analysis section and create a detailed personal training session. They will then evaluate why their skill was a weakness applying a theory topic of their choice to evaluate this.</p> <p>Retrieval of key skills, service, overhead shots, underarm shots, net play, smash shot. Development of application of rules and tactics during game play in singles.</p>	<p>Final assessment of coursework</p> <p>Badminton assessment</p>
2	<p>Sports psychology</p> <p>Revision for Paper 1 Mock</p> <p>NEA – Netball</p>	<p>Classification of Skills, different types of goals in sport, use of goal setting and SMART targets to improve or optimise performance, basic information processing model. Guidance and feedback on performance.</p> <p>Retrieval of key skills in netball, passing, dodging, marking, shooting, rebound, footwork. Development of application of rules and tactics in netball, game play</p>	<p>Learning checks</p> <p>Extended writing questions</p> <p>End of chapter test</p> <p>December Mock Exam – Paper 1 <b>The human body and movement in physical activity and sport</b></p> <p>End of Badminton assessment (part 1)</p>
3	<p>Sports psychology</p> <p>Socio-cultural influences</p>	<p>Mental preparation for sport - Arousal, ways to control arousal, aggression in sport, personalities in sport, motivation in sport</p> <p>Engagement patterns of different social groups in physical activity and sport and the factors that affect participation. Commercialisation of physical activity and sport, sponsorship, media and technology in sport.</p>	<p>Learning checks</p> <p>Extended writing questions</p> <p>End of chapter test</p>

## HIGHGATE WOOD SCHOOL: CURRICULUM MAP FOR KEY STAGE 4

	NEA – practice for assessment and final assessment in practical sports	Students will learn what is expected of them in their final practical assessment and retrieve skills learnt over year 10 and 11 in badminton, netball, table tennis, basketball.	Final Practical Assessment (three sports)
4	Socio-cultural influences	Ethical and socio-cultural issues in physical activity and sport including – conduct of performers, prohibited substances, prohibited methods, analysis of the different performance enhancing drugs and the impact on the sport/athlete. Spectator behaviour, hooliganism, strategies to combat these two.	Mock papers Paper 1 and Paper 2  NEA - External practical moderation
5	Revision	Revision and exam question practice Paper 1 and paper 2 final paper exams	Extended writing questions Mock papers in class