

# Year 11 Physical Education Medium Term Plan

Unit	Duration (lessons)	Learning Objectives/Outcomes
Training methods / principles	8	<ul style="list-style-type: none"> <li>• Students to review of examination technique</li> <li>• Students to peer / self-assess knowledge and understanding on work covered to date</li> <li>• Students to be introduced to the Principles and Methods of Training method</li> <li>• Introduction to principles of training, defining each component and their meaning</li> <li>• Students to develop understanding of progression and overload</li> <li>• Students to be introduced to training threshold</li> <li>• Students to interpret data and draw their own threshold</li> <li>• To identify the link between training threshold and Overload</li> </ul>
Coursework Assignment	9	<ul style="list-style-type: none"> <li>• Students to complete – performance analysis coursework on one chosen sport (started at the end of Y10)               <ul style="list-style-type: none"> <li>○ Taking into account previous work on Principles / methods</li> <li>○ Students to be able to analyse tactics and individual skill to identify strengths and weaknesses</li> <li>○ Link to some areas of psychology</li> </ul> </li> </ul>
Risk Assessment	3	<ul style="list-style-type: none"> <li>• Students to become aware of safety issues that affect sports coaching and delivery</li> <li>• Suggest methods and practises to reduce risk within sport</li> <li>• Link risks with particular sport and suggest ways of limiting</li> <li>• Link risk assessment to training – in particular warm-up / cool down</li> </ul>
Revision	12	<ul style="list-style-type: none"> <li>• Revise and recap all elements of theory course.</li> </ul>

## BTEC

In year 11 students will complete externally assessed unit (Unit 1).

Also complete final unit

Unit 6 – Leading Sports Activities

Unit	Duration (lessons - GLH)	Learning Objectives/Outcomes
Unit 1 – Prep for Sport	6	<ul style="list-style-type: none"><li>• Complete revision on all topics in preparation for final exam.</li><li>• Sit final exam – online test</li></ul>
Unit 6 – Leading Sports Activities	14	<ul style="list-style-type: none"><li>• Ascertain qualities of sports leaders and reflect on these.</li><li>• Examine responsibilities of a variety of sports leaders.</li><li>• Look at methods to review performance as a leader</li><li>• Set targets for development as a leader in sport.</li></ul>
Unit 6 – Leading Sports Activities	10	<ul style="list-style-type: none"><li>• Create plan to lead other in sport.</li><li>• Deliver sessions to younger students in a given activity</li><li>• Measure success of leading sports activities (both teacher and student comment).</li></ul>