

Year 11 Physical Education Overview

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

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