

YEAR 11		Description	Levels covered	Skills & content covered
PE				
AUTUMN 1	Hostile World	Skills & feedback	1 to 9	<p>know the definition of motor skills • understand and be able to apply examples of the characteristics of skilful movement: - efficiency - pre-determined - co-ordinated - fluent - aesthetic.</p> <p>Know continua used in the classification of skills, including: - simple to complex skills (difficulty continuum) - open to closed skills (environmental continuum). • be able to apply practical examples of skills for each continuum along with justification of their placement on both continua.</p> <p>Know mental preparation techniques and be able to apply practical examples to their use: - imagery - mental rehearsal - selective attention - positive thinking. Understand types of guidance, their advantages and disadvantages, and be able to apply practical examples to their use: - visual - verbal - manual - mechanical. understand types of feedback and be able to apply practical examples to their use: - intrinsic - extrinsic - knowledge of performance - knowledge of results - positive - negative</p>
AUTUMN 2	Hostile World	Levers & Axis of rotation	1 to 9	<p>Know the three classes of lever and their use in physical activity and sport: - 1st class - neck - 2nd class - ankle - 3rd class - elbow. • Know the definition of mechanical advantage. Know the location of the planes of movement in the body and their application to physical activity and sport: - frontal - transverse - sagittal. • Know the location of the axes of rotation in the body and their application to physical activity and sport: - frontal - transverse - longitudinal.</p>
SPRING 1	Shrinking World - Globalisation	Participation in physical activity and sport	1 to 9	<p>Be familiar with current trends in participation in physical activity and sport: - using different sources (such as Sport England, National Governing Bodies (NGBs) and Department of Culture, Media and Sport (DCMS)) - of different social groups - in different physical activities and sports.</p> <p>understand how different factors can affect participation, including: - age - gender - ethnicity - religion/culture - family - education - time/work commitments - cost/disposable income - disability - opportunity/access - discrimination - environment/climate - media coverage - role models. • understand strategies which can be used to improve participation: - promotion - provision - access. • be able to apply examples from physical activity/sport to participation issues.</p>
SPRING 2	Shrinking World - Globalisation	Commercialisation of sport	1 to 9	<p>Understand the influence of the media on the commercialisation of physical activity and sport: - different types of media - social - internet - TV/visual - newspapers/magazines. • know the meaning of commercialisation, including sport, sponsorship and the media (the golden triangle): - positive and negative effects of the media on commercialisation - be able to apply practical examples to these issues. • understand the influence of sponsorship on the commercialisation of physical activity and sport: - positive and negative effects of sponsorship on commercialisation - be able to apply practical examples to the issue of sponsorship.</p>