

## Rainford High School – Department: GCSE PE

Year 11 Curriculum						
	Half-Term 1	Half-Term 2	Half-Term 3	Half-Term 4	Half-Term 5	
Topic	<b>Socio Cultural – Trends in Participation</b> <b>Factors affecting Participation</b> <b>Strategies to Improve</b>  <b>Commercialisation of Sport</b>	<b>Commercialisation of Sport ctd</b> <b>Ethics in Sport</b>  <b>Mock preparation</b>	<b>Violence in Sport</b>  <b>Structure and Function of the Cardiovascular System</b>	<b>Structure and Function of the Respiratory System</b>  <b>Aerobic and Anaerobic Exercise</b>  <b>Short and Long Term Effects of Exercise</b>	<b>GCSE final examination revision</b>	
Essential knowledge, skills and understanding	<b>Physical activity and sport in the UK</b> <ul style="list-style-type: none"> <li>• Current trends in participation, Sport England, National Governing Bodies NGB's, Department of Culture, media and sport (DCMS)</li> <li>• Different social groups</li> <li>• Different physical activities and sports.</li> </ul>	<b>Commercialisation of sport.</b> <ul style="list-style-type: none"> <li>• Influence of Types of media:</li> <li>• Know the meaning of commercialisation, Sponsorship and the media (the golden triangle)</li> <li>• Positive and negative effects of the media on commercialisation/ practical examples</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Violence in sport</b></li> <li>• Know and understand the reasons for player violence</li> <li>• Practical Examples</li> <li>• <b>Structure and function of the cardiovascular system</b></li> <li>• Know the Double circulatory system</li> <li>• Types of blood vessel</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Structure and function of the respiratory system</b></li> <li>• Know the Pathway of air through the respiratory system</li> <li>• Role of respiratory muscles in breathing.</li> <li>• Definitions of:- Breathing rate, tidal volume and minute ventilation</li> </ul>		

	<ul style="list-style-type: none"> <li>• Participation in physical activity and sport</li> <li>• Factors affecting participation:</li> <li>• Strategies to improve participation: promotion, provision and access.</li> </ul>	<ul style="list-style-type: none"> <li>• Positive and negative effects of sponsorship on commercialisation/ practical examples. <ul style="list-style-type: none"> <li>• <b>Ethics in sport</b> <ul style="list-style-type: none"> <li>• The value of Sportsmanship</li> <li>• The reasons for gamesmanship, deviance. Practical examples</li> <li>• Drugs in sport</li> <li>• Why are they used?</li> <li>• Types of drugs: Practical examples</li> <li>• Impact of drug use on performers and sport itself.</li> </ul> </li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Pathway of blood through the heart.</li> <li>• Definitions of:- Heart rate, stroke volume, cardiac output</li> <li>• Role of red blood cells</li> </ul>	<ul style="list-style-type: none"> <li>• Understand Gaseous exchange and alveoli</li> <li>• <b>Aerobic and anaerobic exercise.</b> <ul style="list-style-type: none"> <li>• Definition of :- aerobic and anaerobic exercise along with practical examples related to duration</li> </ul> </li> <li>• <b>Short-term effects of exercise.</b> <ul style="list-style-type: none"> <li>• Understand the short term effects on the body.</li> <li>• Apply effects to practical examples</li> <li>• Collect and use data</li> </ul> </li> <li>• <b>Long-term (training) effects of exercise</b></li> </ul>		
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Assessments and assessment focus	<p>Retrieval testing of key content</p> <p>Weekly revision homework focus on Everlearner or creation of flashcards</p> <p>Completion of SIS table .</p> <p>Formative assessments: End of term assessment incorporating past exam questions on the content covered.</p> <p>Practical Assessments</p>	<p>Retrieval testing of key content</p> <p>Weekly revision homework focus on Everlearner or creation of flashcards</p> <p>Completion of SIS table .</p> <p>Formative assessment: Year 11 Mock Examination paper 1 &amp;2</p> <p>Practical Assessments</p>	<p>Retrieval testing of key content</p> <p>Weekly revision homework focus on Everlearner or creation of flashcards</p> <p>Completion of SIS table .</p> <p>Formative assessment: End of term assessment incorporating past exam questions on the content covered</p> <p>Practical Assessments</p>	<p>Retrieval testing of key content</p> <p>Weekly revision homework focus on Everlearner or creation of flashcards</p> <p>Completion of SIS table .</p> <p>Formative assessment: End of term assessment incorporating past exam questions on the content covered</p> <p>Final Practical Assessments</p>	<p>Retrieval testing of key content (weekly tests pre-learning and testing mock schedule)</p> <p>Weekly revision homework focus on Everlearner or creation of flashcards</p> <p>Completion of SIS table.</p> <p>Formative assessment: End of term assessment incorporating past exam questions on the content covered</p>	

	Continuation of AEP	Continuation of AEP	Completion of AEP		Practical Moderation with an External Moderator.	
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