

# Long Term Plan

## Year Overview (GCSE PE– Year 11)

<b>Sport Faculty</b>	
<b>YEAR 11 GCSE PE</b>	
<b>Component 2 – socio-cultural issues and sport Psychology</b>	<b>Component 3 performance within Physical Education</b>
<p>Learners will develop their knowledge and understanding of sports psychology theories related to acquiring movement skills and optimising performance. Learners will be able to reflect on their own learning and performance of physical activities and sports skills to recognise the key psychological concepts affecting performance.</p> <p>Learners will develop their knowledge of socio-cultural influences that impact on participation and performance in physical activities and sports. Learners will also develop their knowledge and understanding of how sport impacts on society. Engagement patterns of different social groups will be understood by learners, along with strategies to promote participation with practical examples. The commercialisation of physical activities and sports will be understood, including the influences of sponsorship and the media.</p> <p>Learners will also develop their knowledge and understanding of ethical and socio-cultural issues in physical activities and sports.</p> <p>Learners will develop their knowledge and understanding of the benefits of participating in physical activities and sports to their health, fitness and wellbeing. The physical, emotional and social aspects will be understood as well as the consequences of a sedentary lifestyle.</p>	<p>Students will demonstrate their skills in 3 chosen activities in the following roles:</p> <p style="text-align: center;">Player/participant</p>

Learners will also develop their knowledge and understanding of energy use along with diet, nutrition and hydration.

Learners will develop the ability to collect and use data using examples from physical activities and sports.