



**Subject: PE**

**Year 11 Curriculum Overview Btec Sport**

**2018-2019**

<b>Half Term 1 Unit Title</b>	<b>Subject Content / Knowledge</b>	Unit 4: The Sports Performer in Action (Assignment 1, 2 & 3)
	<b>Skills</b>	Know about the short-term responses and long-term adaptations of the body systems to exercise. Ways in which the musculoskeletal and cardiorespiratory systems respond to short term exercise.
	<b>Assessment</b>	Pupils will be assessed each lesson using various levels of questioning this will inform students and staff of the progress being made. Assessments are carried out at the end of every term in class and results are used to monitor progress of the pupils throughout the year. Assessments will be graded from a Fail to Distinction* and recorded on flight paths, tracking sheets and display boards in classrooms. An End of Year Assessment will be carried out in the summer term to cover all the topics completed. Pupils will have the opportunity to complete self-assessment sheets on each individual sport to identify strengths, weaknesses and areas for improvement. Pupils will complete second attempts of the online test if requires, then continue to complete the coursework aspects of the course.
<b>Half Term 2 Unit Title</b>	<b>Subject Content / Knowledge</b>	Unit 4: The Sports Performer in Action (Assignment 3, 4 & 5)
	<b>Skills</b>	Ways in which the musculoskeletal and cardiorespiratory systems adapt to long term exercise. Know about the different energy systems used during sports performance. The function of the three energy systems in the production of and release if energy for sports performance.
	<b>Assessment</b>	Pupils will be assessed each lesson using various levels of questioning this will inform students and staff of the progress being made. Assessments are carried out at the end of every term in class and results are used to monitor progress of the pupils throughout the year. Assessments will be graded from a Fail to Distinction* and recorded on flight paths, tracking sheets and display boards in classrooms. An End of Year Assessment will be carried out in the summer term to cover all the topics completed. Pupils will have the opportunity to complete self-assessment sheets on each individual sport to identify strengths, weaknesses and areas for improvement. Pupils will complete second attempts of the online test if requires, then continue to complete the coursework aspects of the course.

<b><u>Half Term 3</u></b> <b>Unit Title</b>	<b>Subject Content / Knowledge</b>	Unit 3: The Mind and Sports Performance (Assignment 1, 2 & 3)
	<b>Skills</b>	Investigate personality and its effect on sports performance Definition and structure of personality, the different personality types. Methods of measuring personality and views on personality.
	<b>Assessment</b>	Pupils will be assessed each lesson using various levels of questioning this will inform students and staff of the progress being made. Assessments are carried out at the end of every term in class and results are used to monitor progress of the pupils throughout the year. Assessments will be graded from a Fail to Distinction* and recorded on flight paths, tracking sheets and display boards in classrooms. An End of Year Assessment will be carried out in the summer term to cover all the topics completed. Pupils will have the opportunity to complete self-assessment sheets on each individual sport to identify strengths, weaknesses and areas for improvement. Pupils will complete second attempts of the online test if requires, then continue to complete the coursework aspects of the course.
<b><u>Half Term 4</u></b> <b>Unit Title</b>	<b>Subject Content / Knowledge</b>	Unit 3: The Mind and Sports Performance (Assignment 3, 4 & 5)
	<b>Skills</b>	Definition, benefits of and methods to increase self-confidence. Influence of goal setting on sports performance and motivation. Know about arousal and anxiety, and the effects they have on sports performance. Definition and types of anxiety. How arousal and anxiety affect sports performance and how they can be controlled.
	<b>Assessment</b>	Pupils will be assessed each lesson using various levels of questioning this will inform students and staff of the progress being made. Assessments are carried out at the end of every term in class and results are used to monitor progress of the pupils throughout the year. Assessments will be graded from a Fail to Distinction* and recorded on flight paths, tracking sheets and display boards in classrooms. An End of Year Assessment will be carried out in the summer term to cover all the topics completed. Pupils will have the opportunity to complete self-assessment sheets on each individual sport to identify strengths, weaknesses and areas for improvement. Pupils will complete second attempts of the online test if requires, then continue to complete the coursework aspects of the course.
<b><u>Half Term 5</u></b> <b>Unit Title</b>	<b>Subject Content / Knowledge</b>	Unit 3: The Mind and Sports Performance (Assignment 5, 6 & 7)
	<b>Skills</b>	Explore the influence that motivate and self-confidence have on sports performance. Definition, structure and views on motivation. Definition of achievement motivation. Benefits of motivation on sports performance. Principles of setting goals to increase and direct motivation.

	<b>Assessment</b>	<p>Pupils will be assessed each lesson using various levels of questioning this will inform students and staff of the progress being made.</p> <p>Assessments are carried out at the end of every term in class and results are used to monitor progress of the pupils throughout the year. Assessments will be graded from a Fail to Distinction* and recorded on flight paths, tracking sheets and display boards in classrooms. An End of Year Assessment will be carried out in the summer term to cover all the topics completed. Pupils will have the opportunity to complete self-assessment sheets on each individual sport to identify strengths, weaknesses and areas for improvement.</p> <p>Pupils will complete second attempts of the online test if requires, then continue to complete the coursework aspects of the course.</p>
<b>Half Term 6 Unit Title</b>	<b>Subject Content / Knowledge</b>	
	<b>Skills</b>	
	<b>Assessment</b>	