



## Curriculum Intent

To provide students with the practical and theoretical knowledge of the ever-changing world of the Sporting Society and Physical Activity, develop appropriate skills and attributes to go out into the Sporting Industries to be successful employees and leaders whilst promoting Physical, Social and Mental Wellbeing and lifelong participation.

### ○ What am I studying this year and how and when will I be assessed?

Knowledge & Skills	Time of year	Assessment	Homework
<b>Sports Psychology</b> Students should develop knowledge and understanding of the psychological factors that can affect performers in physical activity and sport.	Autumn Term	50 mark assessment	<ul style="list-style-type: none"> <li>Frequency of homework will be set once a fortnight, expectation to complete GCSE pod as regular and consistent revision.</li> <li>To prepare appropriately for end-of-unit tests.</li> <li>To develop practical competency.</li> </ul>
<b>Sport and Society</b> Students should develop knowledge and understanding of the sociocultural factors that impact on physical activity and sport, and the impact of sport on society.	Autumn Term/Spring Term	50 mark assessment	
<b>GCSE Practical Moderation – final assessment moderated by exam board</b>	Early March	40% of overall mark	
<b>Health and Fitness</b> Students should develop knowledge and understanding of the benefits of participating in physical activity and sport to health, fitness and wellbeing.	Spring Term	50 mark assessment	

### Year 11 Mock Fortnight: DATE TBC

#### You need to revise the following:

##### Paper 1

Cardiovascular System  
 Respiratory System  
 Musculoskeletal System  
 Anaerobic and Aerobic exercise  
 Levers  
 Muscle Action  
 Planes and Axis  
 Components of Fitness  
 Fitness Testing  
 Principles of Training  
 Types of training

##### Paper 2

Sports Psychology  
 Participation  
 Commercialisation  
 Technology  
 Ethical Issues  
 Physical, emotional and social health and fitness wellbeing  
 Lifestyles  
 Diet  
 Use of data

This can all be accessed from: Exercise books, Revision guides, BBC bitesize, GCSE Pod, Everlearner

### Marking for Literacy

(Longer answers and written work will be marked for at least one of the below, your teachers will tell you which)

Sp – Spelling mistake of key term  
 // - Needed new paragraph  
 C – Capital letter missing  
 P – Punctuation needed  
 Expr- Expression

### Students will demonstrate pride in their work by:

- Presenting information clearly and neatly to aid learning
- Using a title and date for all work including homework
- Underlining all dates and titles using a ruler
- Writing in blue or black pen
- Completing drawings and diagrams in pencil
- Glue in sheets flat and in order
- Annotating work and making corrections in coloured pens
- Crossing out mistakes neatly with a line
- Highlighting key words and concepts