



KS4 Learning Overview

Physical Education

Exam Board: Edexcel / Pearson

Year 11		
Term	Topics	Extra learning opportunities
Autumn 1	Levers- mechanical advantage and disadvantage Movement possibilities at joint. Joint classification and impact on Axes Planes and axes-generalised movement patterns	Visit to Body Works exhibition at Piccadilly Circus in London
Autumn 2	Physical, emotional and social well being Lifestyle choices and impact of those choices Sedentary lifestyles and consequences Balanced diet and role of nutrients Dietary manipulation for sport Optimum weight	Examples of how much sugar is in certain common foodstuffs, with teaspoons of sugar and glass in class Own dietary sheets-everything eaten in previous 24 hours
Spring 1	Goal setting/SMART targets Classification of skills Forms of practice Types of guidance Types of feedback Mental rehearsal/preparation	Practice feedback and guidance in practical situation with class of PE students
Spring 2	Factors affecting participation in physical activity Commercialisation and the media Advantages and disadvantages of commercialisation Sporting behaviours-sportsmanship, gamesmanship, deviance in sport Revision sessions Yr.10 work.	Lots of videos to give examples of gamesmanship, cheating in sport, effects of commercialisation
Summer 1	Exam preparation	