

Year 11 guidance 2021-22

Subject: GCSE Physical Education

Autumn Term 2021 learning topics:

This term students have learned about:
1. Use of data
2. Classification of skill
3. Goal Setting
4. Information Processing
5. Guidance and Feedback
6. Mental preparation for performance

January 2022 Mock Exam duration: 1 hour and 15 minutes

January Mock examination topics for revision:
1. Anatomy and Physiology
2. The structure and function of the cardio-respiratory system.
3. Aerobic and anaerobic exercise and the effects of exercise.
4. Movement analysis
5. Health, Fitness and Fitness training
6. Effective training programmes

Spring/Summer 2022 learning topics:

This term students will learn about:
1. Socio-cultural influences
2. Commercialisation of physical activity and sport
3. Ethical and Socio-cultural issues in physical activity and sport
4. Spectator behaviour
5. Health, Fitness and Well Being
6. Diet and nutrition