

Physical Education AQA GCSE

Year 11

We hope this route through provides useful information about what students are studying in the classroom and beyond.
Please contact us or visit our website for more information.

Subject	What are students learning in lessons?	What are students learning in home learning?
Autumn Term 1	Mental Preparation for Performance: develop knowledge and understanding of the psychological factors that can affect performers in sport - skill, ability, goal setting, guidance, feedback, arousal, aggression and personality.	1 hour per week: exam questions and creating revision resources on Year 10 work and current work.
Autumn Term 2	Socio-Cultural Influences: develop knowledge and understanding of the socio-cultural factors that impact on physical activity and sport, and the impact of sport on society. Motivation, social groups, barriers to participation.	1 hour per week: knowledge recall and exam questions on previous topics using revision resources for PPE.
Spring Term 1	Commercialism of Physical Activity and Sport: sponsorship, media, technology. Ethical and Socio-Cultural Issues: drugs, spectator behaviour and hooliganism.	1 hour per week: knowledge recall and exam questions on previous topics using revision resources for PPE.
Spring Term 2	Health, Fitness and Wellbeing: develop knowledge and understanding of the benefits of participating in physical activity and sport to health, fitness and wellbeing, including diet, nutrition, somatotypes, lifestyle.	1 hour per week: knowledge recall and exam questions on previous topics using revision resources for PPE.
Summer Term 1	Revision and exam preparation for GCSE exams.	1 hour per week: structured exam paper practice and marking with a mark scheme.
Summer Term 2	Revision and exam preparation for GCSE exams.	1 hour per week: structured exam paper practice and marking with a mark scheme.
Every mark matters	Assessment	Key contacts
	Students think hard, answer lots of questions and get feedback on their work every lesson. Mocks: Autumn 2. PPE: Spring 2. GCSE Exams: Summer 1 and 2.	Head of Department: Rhys.Thompson@ theregisschool.co.uk