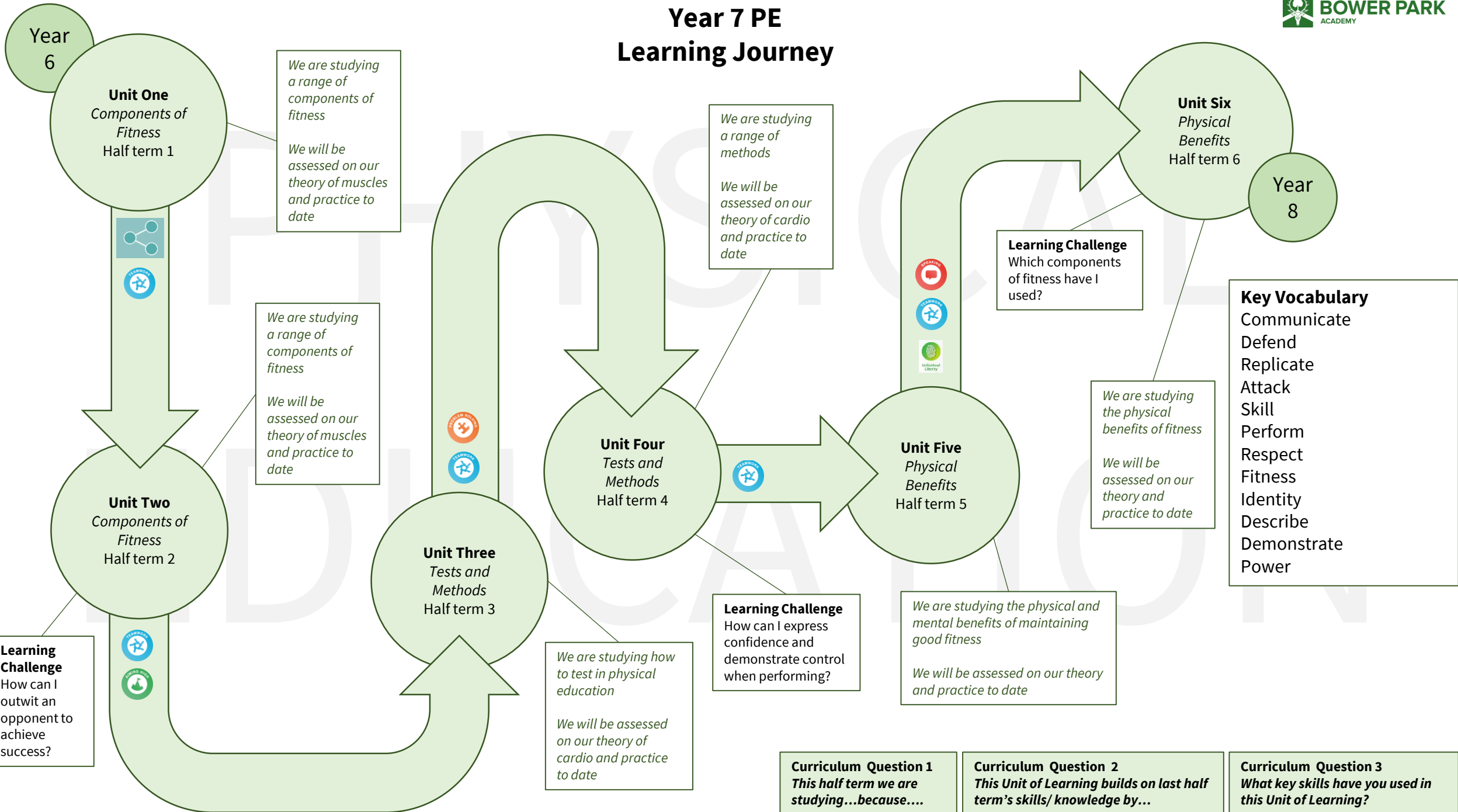
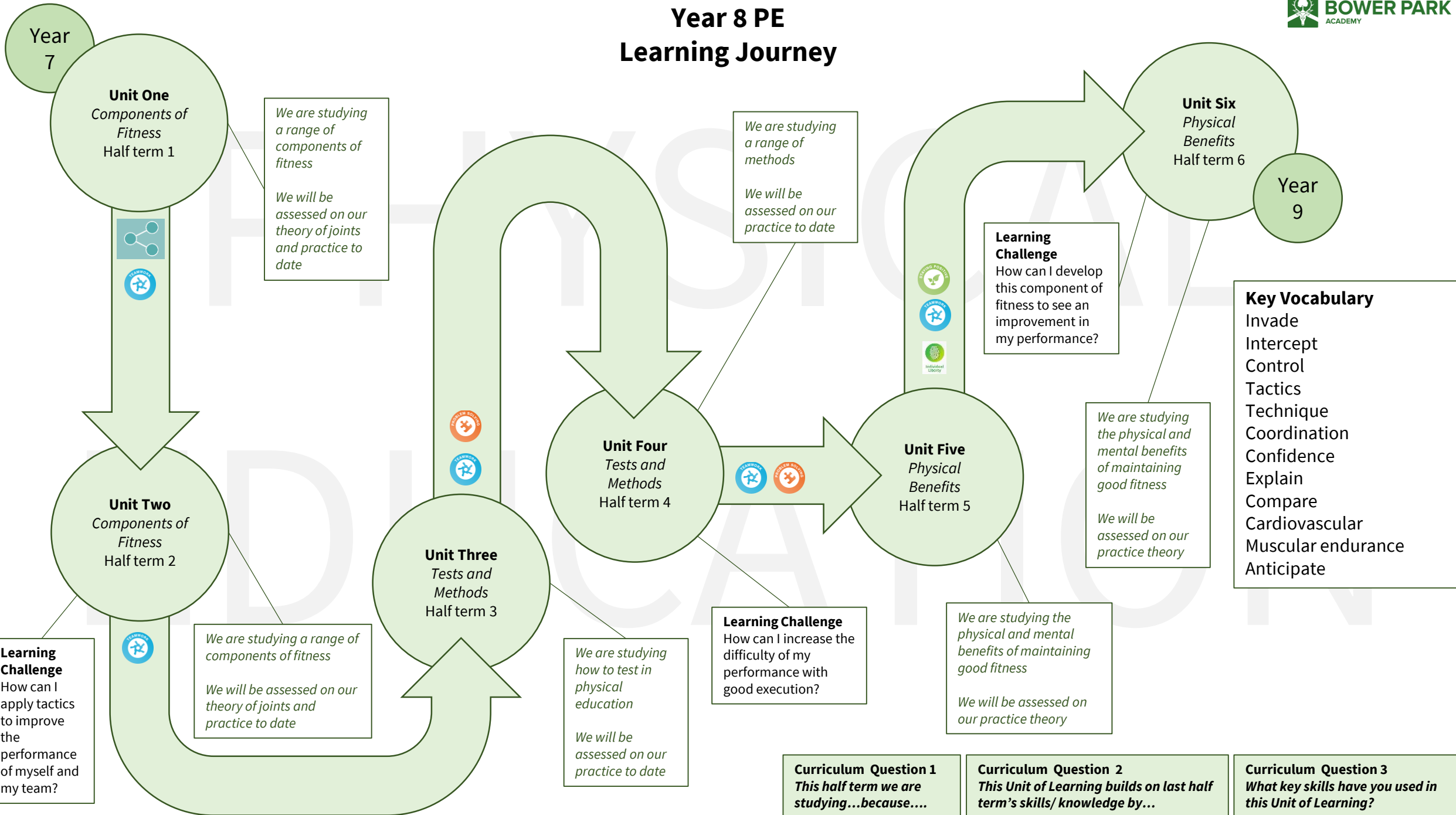


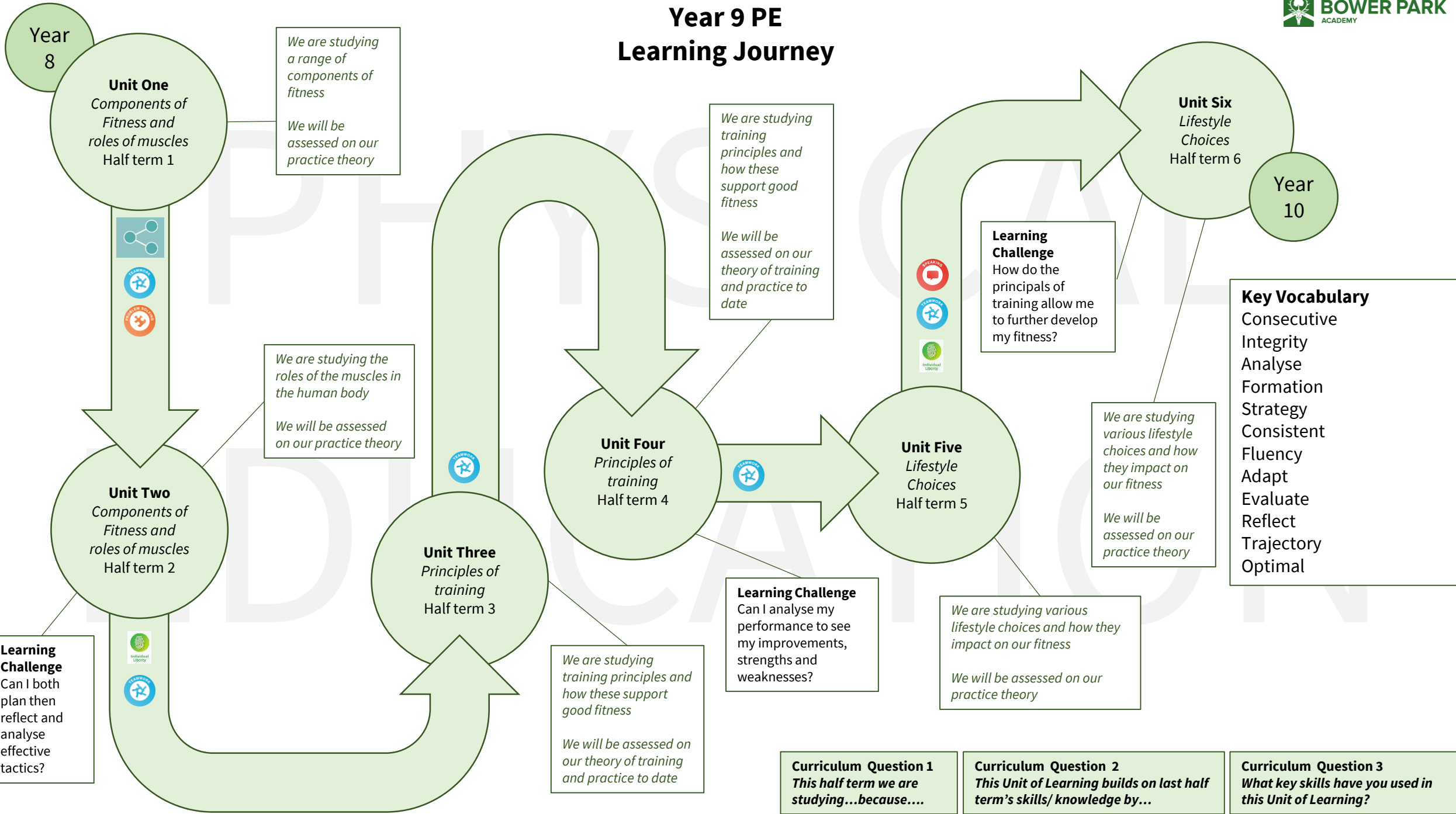
Year 7 PE Learning Journey



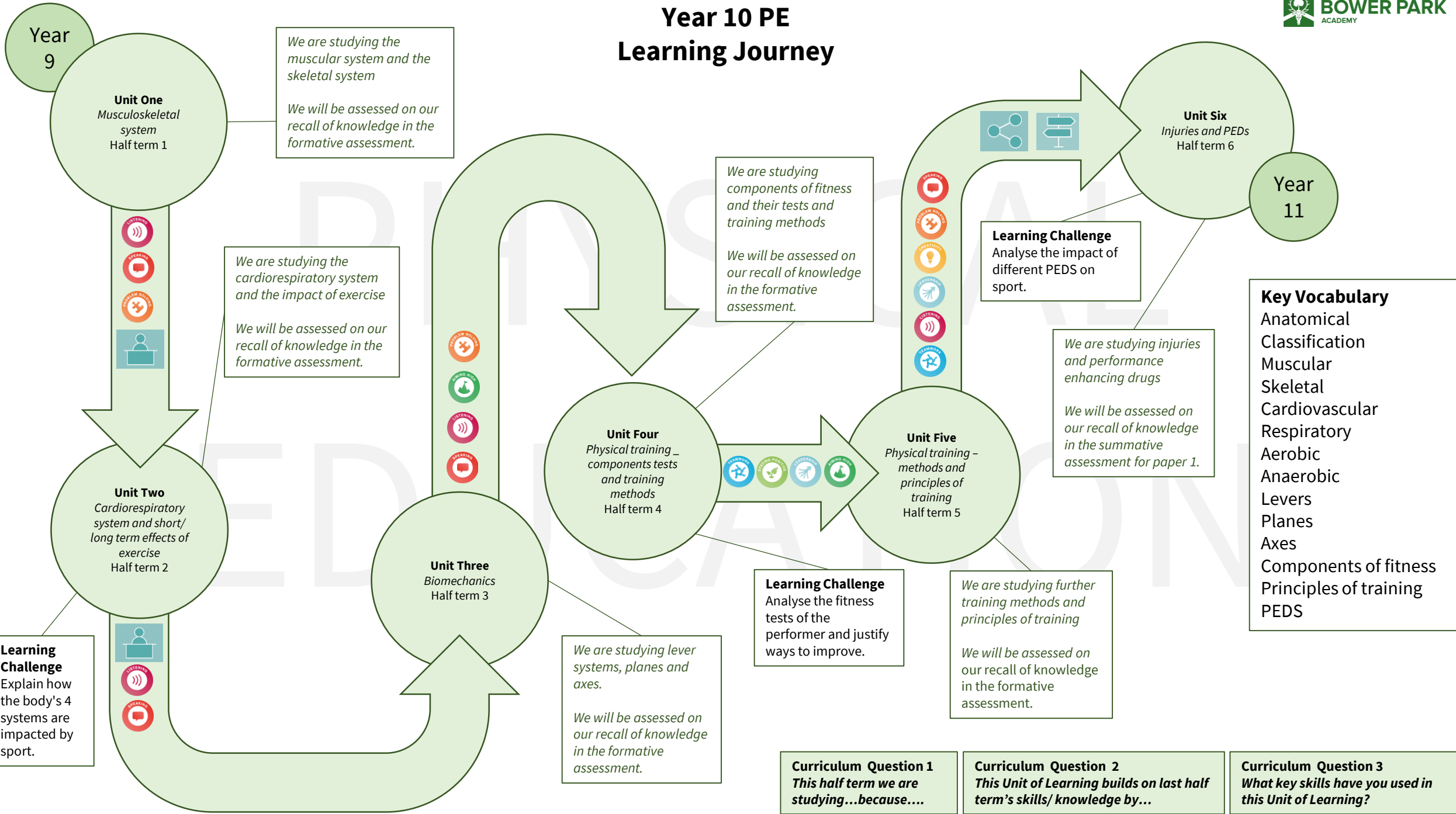
Year 8 PE Learning Journey



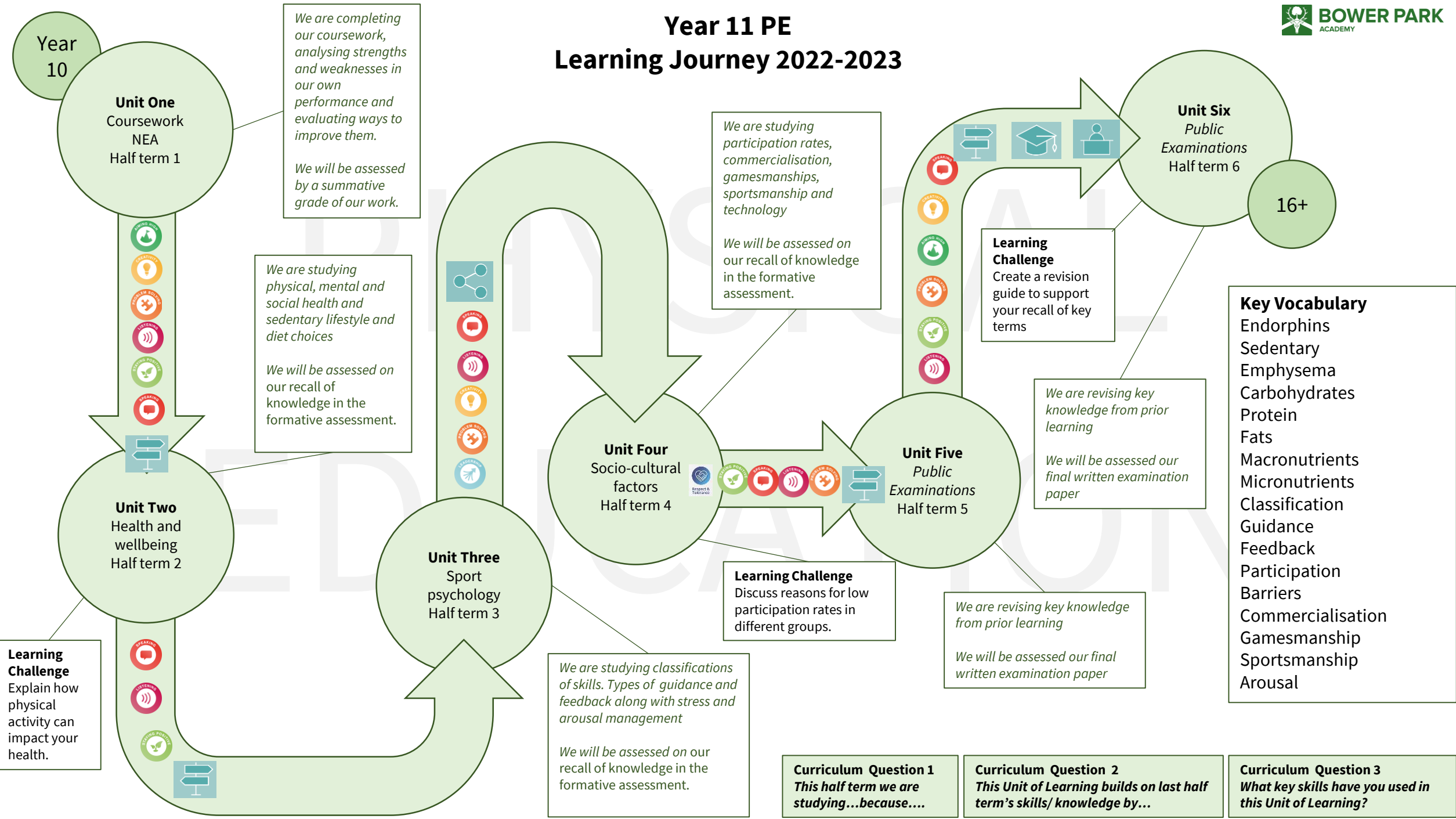
Year 9 PE Learning Journey



Year 10 PE Learning Journey



Year 11 PE Learning Journey 2022-2023



Year 10

Unit One
Coursework
NEA
Half term 1

We are completing our coursework, analysing strengths and weaknesses in our own performance and evaluating ways to improve them.

We will be assessed by a summative grade of our work.

We are studying physical, mental and social health and sedentary lifestyle and diet choices

We will be assessed on our recall of knowledge in the formative assessment.

Unit Two
Health and wellbeing
Half term 2

Learning Challenge
Explain how physical activity can impact your health.

Unit Three
Sport psychology
Half term 3

We are studying classifications of skills. Types of guidance and feedback along with stress and arousal management

We will be assessed on our recall of knowledge in the formative assessment.

Unit Four
Socio-cultural factors
Half term 4

We are studying participation rates, commercialisation, gamesmanships, sportsmanship and technology

We will be assessed on our recall of knowledge in the formative assessment.

Unit Five
Public Examinations
Half term 5

Learning Challenge
Discuss reasons for low participation rates in different groups.

We are revising key knowledge from prior learning

We will be assessed our final written examination paper

Unit Six
Public Examinations
Half term 6

Key Vocabulary

- Endorphins
- Sedentary
- Emphysema
- Carbohydrates
- Protein
- Fats
- Macronutrients
- Micronutrients
- Classification
- Guidance
- Feedback
- Participation
- Barriers
- Commercialisation
- Gamesmanship
- Sportsmanship
- Arousal

16+

Curriculum Question 1
This half term we are studying...because....

Curriculum Question 2
This Unit of Learning builds on last half term's skills/ knowledge by...

Curriculum Question 3
What key skills have you used in this Unit of Learning?

Year 11 PE Learning Journey 2023-2024

