



# Year 11 Physical Education

## Autumn 1

Analysis and Evaluation of sports performance. Students will identify fitness and skill strengths and weaknesses, explaining and justifying why they are. They will then identify and justify ways of improving their weaknesses in their evaluation.

## Spring 1

Students will be taught about health and fitness; Physical, emotional and social health, fitness and well being, somatotypes and obesity, diet energy use, nutrition and hydration as well as data

## Summer 1

Students will re cover previous topics such as Sports Psychology, socio-cultural factors, ethical issues, lifestyle and data. Students will work on their ability to explain, analyse, evaluate and justify their views in these topics

## Autumn 2

Students will continue with their Analysis and Evaluation as well as covering topics in Movement analysis, levers, planes and axis and mechanical advantage. Students will learn about different types of data and how they can be used to understand sports performance and fitness.

## Spring 2

Students will re cover previous topics such as Cardio-respiratory, musculo-skeletal, aerobic and anaerobic exercise, physical training. Students will work on their ability to explain, analyse, evaluate and justify their views in these topics.

**Throughout the course students will also have practical lessons which will help to develop their sports performance further.**

