

Year 11 GCSE Curriculum Map

Time Period	CORE KNOWLEDGE	KEY SKILLS LEARNT
Half Term 1 (Sep – Oct)	<u>To complete NEA (Coursework)</u> To choose one sport Analyse strengths and weaknesses Provide training plan to improve component of fitness Methods for improving skill weakness	RESEARCHING ANALYSING EVALUATING
Half Term 2 Nov – Dec)	Skill Classification Goal setting Information Processing Feedback Arousal Mental Rehearsal Aggression Personality Types Motivation Types Drugs Mock Exams (THEORY & PRACTICAL)	RECALL DESCRIBE ANALYSE EVALUATE PRACTICAL ASSESSMENT EXAM REVISION TECHNIQUES
Half Term 3 (Jan – Feb)	Skill Classification Information Processing Model Muscle Action Planes and Axis CV System	RECALL DESCRIBE ANALYSE EVALUATE

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<p>Half Term 4 (Feb – March)</p>	<p>Injury reduction Bones and muscle movement Anaerobic Exercise Aerobic Exercise Training Methods Levers Practical Preparation & final Moderation</p>	<p>RECALL DESCRIBE ANALYSE EVALUATE PRACTICAL ASSESSMENT</p>
<p>Half Term 5 (April – May)</p>	<p>Personalised Exam Revision techniques targeting specific areas of weakness</p>	<p>RECALL INDEPENDENCE DESCRIBE ANALYSE EVALUATE</p>
<p>Half Term 6 June</p>	<p>Final Exams</p>	

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