

Subject	PE		
	Interpretation of National Curriculum into Year group Endpoints		
Year	Term 1	Term 2	Term 3
11 - GCSE PE	<p>Classification of skills (basic/ complex, open/closed) : Classification of a range of sports skills. Practice structures. Application of knowledge of practice and skill classification. Guidance and feedback on performance: Types of guidance. Advantages and disadvantages of each type of guidance Types of feedback.</p> <p>Mental preparation for performance.</p> <p>Engagement patterns of different social groups in physical activity and sport: Participation rates in physical activity and sports. The relationship between commercialisation, the media and physical activity and sport. The advantages and disadvantages of commercialisation and the media. Ethical and socio-cultural issues in physical activity and sport: The different types of sporting behaviour.</p> <p>The relationship between health and fitness and the role that exercise plays in both : Physical health; Emotional health; Social health. How to promote personal health. Lifestyle choices. Positive and negative impact of lifestyle choices on health, fitness and well-being.</p>	<p>The consequences of a sedentary lifestyle: A sedentary lifestyle and its consequences.</p> <p>Energy use, diet, nutrition and hydration: The nutritional requirements and ratio of nutrients for a balanced diet. The role and importance of macronutrients. The role and importance of micronutrients. The factors affecting optimum weight. The variation in optimum weight. The correct energy balance to maintain a healthy weight. Hydration for physical activity and sport.</p> <p>Effective use of warm up and cool down: The purpose and importance of. Phases of. Activities included in.</p> <p>The short- and long- term effects of exercise: Short-term effects of physical activity and sport on lactate accumulation & muscle fatigue Short-term effects of physical activity and sport on heart rate, stroke volume and cardiac output. Short-term effects of physical activity and sport on depth and rate of breathing. How the respiratory and cardiovascular systems work together to allow participation in, and recovery from, physical activity and sport. Interpretation of graphical representations of heart rate, stroke volume and cardiac output values at rest and during exercise.</p> <p>The long-term effects of exercise: Long-term training effects and benefits: for performance of the muscular-skeletal system. Long-term training effects and benefits: for performance of the cardio-respiratory system</p>	<p>How to optimise training and prevent injury: PARQ. Injury prevention. Injuries that can occur in physical activity. RICE (rest, ice, compression, elevation). Performance-enhancing drugs (PEDs).</p> <p>Understand how appropriate warm up and cool down routines can help to prevent injury: the physical benefits of a warm up. the psychological benefits of a warm up. key components of a warm up. physical benefits of a cool down. key components of a cool down. specific needs which a warm up and cool down must consider.</p> <p>Lever systems, examples of their use in activity and the mechanical advantage they provide in movement: First, second and third class levers. Mechanical advantage and disadvantage.</p> <p>Planes and axes of movement: Movement patterns using body planes and axes. Movement in the sagittal plane about the frontal axis. Movement in the frontal plane about the sagittal axis. Movement in the transverse plane about the vertical axis.</p>