

Co-op Academy North Manchester - Year 11 PE Curriculum

Y11	HT1	HT2	HT3	HT4	HT5	HT6
Topic(s)	Component 2: Taking Part and Improving Other Participants Sports Performance	Component 2: Taking Part and Improving Other Participants Sports Performance	Component 3: Developing fitness to Improve Other Participants Performance in Sports and Physical Activity	Component 3: Developing fitness to Improve Other Participants Performance in Sports and Physical Activity	Component 3: Developing fitness to Improve Other Participants Performance in Sports and Physical Activity	
Substantive Knowledge (Know That...)	<ul style="list-style-type: none"> <li>• Components of fitness and how they contribute to performance</li> <li>• Rules and Regulations of a sport of choice</li> <li>• Practical performance in a sport of choice</li> <li>• Planning and leading a skills session on a sport of choice</li> </ul>	<ul style="list-style-type: none"> <li>• Components of fitness and how they contribute to performance</li> <li>• Rules and Regulations of a sport of choice</li> <li>• Practical performance in a sport of choice</li> <li>• Planning and leading a skills session on a sport of choice</li> </ul>	<ul style="list-style-type: none"> <li>• Components of fitness and fitness testing</li> <li>• Methods of Training to improve specific components of fitness</li> <li>• Measuring HR/Work Rate and how these affect training</li> <li>• Warm Ups and Cool Downs</li> </ul>	<ul style="list-style-type: none"> <li>• Principles of Training</li> <li>• Goal setting / SMARTER targets</li> <li>• Provision - Public / Private / Voluntary sector sports activities and facilities</li> <li>• Long Term effects of exercise</li> </ul>	<ul style="list-style-type: none"> <li>• Exam Early May</li> </ul>	
Disciplinary Knowledge (Know How...)	<ul style="list-style-type: none"> <li>• Demonstrate the ability to perform in a sport</li> <li>• Discuss and analyse the components of fitness relevant for a sport</li> <li>• Deliver a skills session with appropriate planning to a group</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate the ability to perform in a sport</li> <li>• Discuss and analyse the components of fitness relevant for a sport</li> <li>• Deliver a skills session with appropriate planning to a group</li> </ul>	<ul style="list-style-type: none"> <li>• Application of knowledge to specific sports building on real sports knowledge</li> <li>• Methods that improve specific components of fitness</li> </ul>	<ul style="list-style-type: none"> <li>• Application of knowledge to specific sports building on real sports knowledge</li> <li>• Designing a training programme and adaptations of fitness</li> </ul>		
Assessment	PSA Component 2	PSA Component 2	Exam questions	Exam questions	External exam	
Homework	Related to coursework, pre reading and google quizzes	Google quizzes	Google Quizzes - Recall/exam questions	Google Quizzes - Recall/exam questions	Google Quizzes - Recall/exam questions	
How to help at home	Support your child in completing their homework. Help with revision, using the material provided. Encourage your child to attend after school sessions.					