

Curriculum Summary Document

Year 11 – GCSE PE

Module/Unit of Learning	Taught During	What will students learn?	How does this prepare students for success at GCSE?	Links to other Subjects
Sports Psychology	Autumn Term	<p>Students develop understanding of key psychological theories including classification of skill, goal setting, information processing, guidance and feedback, arousal, aggression and motivation.</p> <p>They explore how mental preparation techniques support performance and learn to apply psychological principles to sporting scenarios.</p>	<p>This unit strengthens AO1 recall of psychological concepts and AO2 application to sporting examples.</p> <p>Students learn to analyse how mental factors affect performance and justify psychological strategies using command words such as 'explain', 'analyse' and 'evaluate', preparing them for 6–9 mark questions.</p>	<p>Oracy: developing precise spoken explanation</p> <p>Science: body systems, training effects and health</p> <p>PSHE: wellbeing, lifestyle choices and influences</p> <p>Maths: interpreting qualitative and quantitative performance data</p>
Socio-cultural Influences	Spring Term	<p>Students study key AQA content including engagement patterns, ethnicity, gender, socio-economic groups, and the impact of commercialisation, media and technology on sport.</p> <p>They examine ethics, sportsmanship, deviance, drugs in sport and the role of national governing bodies. Students learn how social factors influence participation and performance.</p>	<p>Students build confidence applying sociological concepts to real sporting contexts.</p> <p>The unit emphasises AO2 and AO3 skills through interpreting data, evaluating influences on participation and constructing extended responses.</p> <p>This prepares students for Paper 2 analysis questions requiring critical thinking and justification.</p>	
Exam Preparation & Revision	Spring/Summer Term	<p>Students consolidate knowledge of all Paper 1 and Paper 2 topics including anatomy, physiology, movement analysis, physical training, health and wellbeing.</p> <p>They practise retrieval, tackle misconceptions and refine exam technique through structured revision sessions, past papers and targeted improvement tasks.</p>	<p>This unit develops high-level exam performance by refining structured written responses, practising retrieval, improving data interpretation and strengthening understanding across all topics.</p> <p>Students learn to plan extended answers, use command words accurately and evaluate sporting scenarios with increasing precision.</p>	