

Now that the revised curriculum has been taught, please consider the Implementation and Impact of the curriculum you taught.
What changes might need to be made to the Curriculum Intent (See Curriculum Map and Overviews) in light of this year's experiences?

Year 11 Overview 2025-26 – Physical Education

Date	Wk	Week	Units Studied & Learning Outcomes	Key Concepts & Assessment										
8 weeks (8 Lessons) (38 Days)														
Tues 2-Sep Tues Y7 only Wednesday- whole school	A	1	Considerations to prevent injury	See end of Year 10 Overview for key concepts, assessment and learning outcomes – last 4 lessons of Unit 3.										
8-Sep	B	2	Specific training techniques – high altitude training as a form of aerobic training.											
15-Sep (INSET Friday)	A	3	Seasonal aspects											
22-Sep	B	4	Warming up and cooling down											
Date	Wk	Week	Units Studied & Learning Outcomes	Key Concepts & Assessment										
29-Sep	A	5	Classifications of skill	Foundational Concepts Sport psychology - Understand how to classify different skills. - Understand the use of goal setting to improve/optmise performance - Understand the basic information processing model. - Understand the use of guidance in sport and physical activity. - Understand how arousal impacts on sports performance. - Understand how aggression impacts on sports performance. - Understand how the personality type of a performer might affect their suitability for different sports. - Understand how motivation affects sporting performance. - Understand the use of feedback in sport and physical activity.										
6-Oct	B	ST1	Definitions of types of goals											
13-Oct	A	ST1												
20-Oct	B	8	Exam Feedback											
Half Term 7 weeks (7 lessons) (34 Days)														
3-Nov	A	9	Basic information processing model	Tier 2/3 Vocabulary Skill, ability, continuum, performance goals, outcome goals, feedback, arousal, introvert, extrovert, intrinsic, extrinsic. Etymology Kinase – to move (Greek) EDI Inclusion of women in sports involving aggression previously deemed as ‘not lady-like’.										
10-Nov	B	10	Guidance											
17-Nov	A	11	Feedback											
24-Nov	B	12	Arousal											
1-Dec	A	13	Aggression											
8-Dec	B	14	Personality Types											
15-Dec	A	15	Motivation											
Christmas Holiday 6 weeks (6 lessons) (30 Days)														
5-Jan	B	16	Health, Well-being and Fitness											
<table><tr><td>Prior</td><td>Current</td><td>Next</td></tr><tr><td>KS3 – goal setting (SMART targets – X-Country)</td><td>Using sport psychology to improve athletic performance.</td><td>Skill acquisition – A-Level.</td></tr></table><table><tr><td>GW</td><td>Knowledge of sports psychology.</td></tr><tr><td>BI</td><td>Apply sports psychology to physical activity and the sport.</td></tr></table>				Prior	Current	Next	KS3 – goal setting (SMART targets – X-Country)	Using sport psychology to improve athletic performance.	Skill acquisition – A-Level.	GW	Knowledge of sports psychology.	BI	Apply sports psychology to physical activity and the sport.	
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EW Explain how knowledge of sports psychology can be used to improve athletic performance. GCSE/Exam Links https://thepeclassroom.com/gcse-pe-pupil-quizzes/				Assessment of Progress Starter to each lesson – recap previous learning, interrupting forgetting during lesson, homework. History Haka - originally performed by warriors before a battle, proclaiming their strength and prowess in order to intimidate the opposition. Maori origins. Careers Links Sports psychologist, teacher. Misconceptions Sport psychology plays a minor role in sport.					
12-Jan A 17 The consequences of a sedentary lifestyle.	Foundational Concepts Health - Understand the contribution that participating in physical activity, exercise and sport can make to physical, emotional and social health and well-being. - Understand the consequences of leading a sedentary lifestyle. - Understand the links between body type and how this might affect the suitability for particular activities. - Understand energy use and performance. - Understand the components of a healthy diet. - Understand the need to maintain water balance. Tier 2/3 Vocabulary Health, fitness, sedentary, obesity, somatotype, endomorph, ectomorph, mesomorph, carbohydrates, fats, proteins, vitamins, minerals, dehydration, hydration. Etymology Somato – body (Greek) Morph – shape (Greek) EDI Link between inclusion and obesity.								
19-Jan B ST2									
26-Jan A ST2									
2-Feb B 20 Exam Feedback									
9-Feb A 21 Somatotypes									
Half-Term 5 weeks (5 lessons) (24 Days)									
23-Feb B 22 Energy use									
2-Mar A 23 A Balanced Diet									
9-Mar B 24 Maintaining Water Balance									
16-Mar A 25 Exam practise/review topics									
23-Mar B 26 Exam practise/review topics									
30-Mar (finish Wednesday 1st April) A Exam practise/review topics									
<table><tr><td>Prior</td><td>Current</td><td>Next</td></tr><tr><td>Yr 7/8 – Aspects of Unit 6 Yr 9 – Unit 6</td><td>Health, fitness and participation in physical activity.</td><td>Exercise physiology – A-Level.</td></tr></table> GW Knowledge of health, fitness and well-being. BI Apply knowledge of health and fitness to physical activity and the sport. EW Explain how knowledge of aspects of health and fitness can				Prior	Current	Next	Yr 7/8 – Aspects of Unit 6 Yr 9 – Unit 6	Health, fitness and participation in physical activity.	Exercise physiology – A-Level.
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be used to improve athletic performance. GCSE/Exam Links https://thepeclassroom.com/gcse-pe-pupil-quizzes/				Assessment of Progress Starter to each lesson – recap previous learning, interrupting forgetting during lesson, homework.
				History BMI is derived from a simple math formula. It was devised in the 1830's by Lambert Adolphe Jacques Quetelet, a Belgian astronomer, mathematician, statistician and sociologist.
				Careers Links Dietician, teacher, personal trainer.
				Misconceptions You need carbohydrates to provide energy for movement.
Easter Holiday				6 weeks (6 lessons) (29 Days)
20-Apr	B		20-Apr	
27-Apr	A	29	27-Apr	
4-May (Bank holiday Mon)			4-May (Bank holiday Mon)	
	B	GCSE		
11-May	A	GCSE	11-May	
18-May	B	GCSE	18-May	
Half-Term				7 weeks (7 lessons) (35 Days)
1-Jun	A	GCSE		
9-Jun	B	GCSE		
16-Jun	A	GCSE		
23-Jun	B	GCSE		
				(Total: 190 Days)

* Bank Holidays