

KS4 – Year 11 – PE GCSE

| Term | Topic Titles | Brief Overview |
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| 1 | Health, Fitness Nutrition and Dietary Manipulation | In this topic students will develop knowledge and understanding of the benefits of participating in physical activity and sport to health, fitness and wellbeing. Pupils will learn about how to manipulate their diet in order to maximise gains from training to improve performance. |
| 2 | Sport Psychology, Commercialisation and Participation in Sport | Sports psychology will be introduced, with a focus on skill development, through relevant practice, guidance and feedback, as well as knowledge that learners can then apply to their own learning in practical situations in order to improve their performance. Also In this topic students will develop knowledge and understanding of the socio-cultural factors that impact on physical activity and sport, and the impact of sport on society |
| 3 | Revision and exam preparation | |