



Sports Studies Curriculum Overview - Year 11

	Unit	Details
Autumn One	Lifestyle choices and the consequences of a sedentary lifestyle. Energy use, diet, nutrition and hydration	Pupils will develop knowledge and understanding of the benefits of participating in physical activity and sport to health, fitness and wellbeing. It will link to what they have done in year 9 about physical, social and mental health and also to other topics in biology, for example diet and nutrition.
Autumn Two	Aerobic and anaerobic exercise Mock exams	Linking with thresholds and principles of training, pupils will develop their knowledge of aerobic and anaerobic exercise and will link with other topics. Leading up to the Year 11 mock exams, pupils will prepare materials and ask questions on the topics covered to consolidate their learning and make sure they have no gaps in their knowledge.
Spring One	Planes and Axes Classification of skill Practice structures Guidance and feedback	In this term we look at movement analysis. This links very well with muscle movement in Year 10, such as flexion and extension, and builds on this content.
Spring Two	Engagement patterns of different social groups in physical activity and sport Commercialisation of physical activity and sport Ethical and socio-cultural issues in physical activity and sport	In this topic pupils will develop knowledge and understanding of the socio-cultural factors that impact on physical activity and sport, and the impact of sport on society. It is new to the pupils but will be something that pupils will know about and have a superficial knowledge of and it is important that they can put practical examples to the knowledge they will learn.
Summer One	Exam Preparation	We focus on consolidating prior learning in preparation for GCSE exams.