Holy Family Catholic School – Faculty of Science & Physiology

Physical Education Autumn Half Term 1 Year 11 – GCSE PE

Learning Intention	Vocab	Concept	Retrieval	Success Criteria	Red Zone
Lesson 1 Week 1 **What is GCSE PE?**	Health Fitness Wellbeing Diet Energy Sedentary Body systems	Attack/Defence Responses, Adaptations and Additional factors Body systems	Sedentary lifestyle	I will be able to: • An introduction to the course – To know the units that make up GCSE PE. • To know the grading criteria and expectations in GCSE PE. • To know and understand the content and topics covered in Unit 2 – Health and performance the key terminology used in GCSE PE.	Recap key topics from last year Quiz on: What are the components of fitness? What are the different Training methods? What are the Principles of training?
Lesson 2 Week 1 **What are the basic rules in Handball?**	Dribble Pass Shot Goalkeeper Throw-off Jump shot Bounce shot Underarm pass Overarm pass 3-Step Rule 3-Second Rule Double dribble Goal area Foul Turnover Set play	Attack/Defence	Rules of handball Variety of skills Variety of tactics	I will be able to: • An introduction to unit 3 – practical performance in Sport. • To know and understand the 3 different learning aims and how the unit is split into practical assessment.	Handball Baseline testing – Competitive game (Full sided)

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	Fast break Zone defence Man-to-man marking Pivot				
Lesson 3 Week 2 **How do physical, emotional, and social health impact everyday life and sporting performance?**	Physical health Emotional health Social health Wellbeing Self-esteem Stress Anxiety Confidence Teamwork Communication	Health & Wellbeing Fitness Themes	Body systems Major bone groups	I will be able to: • To know and understand physical, emotional, and social health. • Identify examples in everyday life and sport.	Which type of health do you think most affects performance in team sports? Why? How can poor emotional health impact an athlete's motivation or confidence? What strategies could a coach use to support an athlete's **social health**? *Explain how regular participation in physical activity can improve a person's:* a) **Physical health** (2 marks) b) **Emotional health** (2 marks) c) **Social health** (2 marks) Extension (Stretch): Create a support plan for an athlete recovering from injury that supports all three areas of health.
Lesson 4 Week 2 **How do different aspects of health and lifestyle choices affect**	Health Wellbeing Performance Lifestyle Balanced diet Activity level	Health and wellbeing Responses, Adaptations and Additional factors	What are the three components of health?	I will be able to: • Explain how aspects of health influence well-being and performance in sport.	**Taylor is an international rugby player… his BMI places him in the obese category.** **Explain how a sedentary lifestyle can cause negative impacts on long-term health. (4 marks)**

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wellbeing and performance in sport?	Alcohol Smoking Sleep Obesity Sedentary Energy intake Recovery Mental health Chronic illness	Body systems	What is a lifestyle choice? Name two ways alcohol can negatively affect performance.	• Identify different lifestyle choices (diet, activity level, alcohol, smoking, etc.).	**Explain why hydration is important for a rugby player. (3 marks)** **Lifestyle Impact Case Study Task** **You are a personal trainer working with a 17-year-old athlete who:** **Eats a poor Diet** **Sleeps only 5 hours per night** **Smokes occasionally** **Has low motivation to train** **<u>Task:</u>** **Identify 3 negative lifestyle choices in this scenario.** **Explain how each one could impact their health and performance.** **Suggest one realistic improvement for each lifestyle factor.** **Extension (Stretch):** **Which of these changes would have the biggest impact on their overall performance, and why?**
Lesson 5 Week 2 **How can I apply accurate passing and receiving under pressure in a game situation?**	Chest pass Bounce pass Overhead pass Receiving Control Timing Decision making Support play	Attack/Defence Tactical awareness Decision making	Name three types of passes in handball. What makes a successful receive?	I will be able to: • Perform passing and receiving with control and accuracy. • Apply correct technique in game scenarios.	• Perform a 3v2 passing drill: assess your accuracy under pressure. • Identify one success and one area to improve. How did your positioning support the play? • Create 5 passes before an attempt on goal – Conditioned game

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			Why is timing important in passing? What happens when a pass is intercepted?	• Show tactical decision making when under pressure.	
Lesson 6 Week 3 **How do lifestyle choices impact health, wellbeing, and sports performance?**	Lifestyle Health Wellbeing Performance Diet Activity level Smoking Alcohol Sleep Obesity Energy balance Sedentary Mental health Recovery	Health and wellbeing Responses, Adaptations and Additional factors Body systems	Name three lifestyle choices that can affect health. What is meant by 'sedentary lifestyle'? What are the benefits of regular physical activity?	I will be able to: • To know and understand how lifestyle choices impact health and sports performance. • Analyse positive and negative effects of lifestyle choices on health and well-being. • Apply examples from sport and everyday life to support points. • Evaluate the long-term impact of both healthy and unhealthy habits.	Lifestyle Impact Case Study You are given a scenario of two teenage athletes with different lifestyle habits (e.g. one eats healthily and trains regularly, the other sleeps 4 hours, eats fast food, and skips training). **<u>Task:</u>** Identify 2–3 key lifestyle differences. Analyse the effect of each on physical, emotional and social health. Explain how these choices would affect their performance in a competitive setting. Extension: Suggest one improvement for the athletes with negative habits and justify it.
Lesson 7 Week 3 **How do I use defensive positioning and marking to limit**	Marking Zone defence Man-to-man Interception Tackle Delay Tracking	Attack/Defence	What is man-to-man marking? How can a defender delay an attacker?	I will be able to: • Demonstrate effective defensive positioning. • Apply appropriate marking strategies in small-sided games.	Play a competitive game of handball using the correct rules. In a 3v3 game, apply man-to-man marking and assess how often your opponent gained possession. How did your body position affect the outcome?

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attacking opportunities?	Block		What does 'tracking' mean? Name one benefit of zone defence.	• Disrupt attacking play through anticipation and movement.	In a conditioned game – all players must stay with the person they're marking. If a team can make 10 passes without losing possession they will be awarded a penalty.
Lesson 8 Week 4 **How to approach and complete a 60-mark condensed exam paper effectively?**	Synovial joints Types of bones	Health and wellbeing Fitness Responses, Adaptations and Additional factors Body systems	What does AO1, AO2, AO3 stand for? What is the difference between 'explain' and 'evaluate'?	I will be able to: • Apply AO1, AO2 and AO3 effectively across a range of question types. • Use the PEEL/PEA structure to support extended answers. • Manage time effectively to complete all sections of the paper.	• Complete an exam paper
Lesson 9 Week 4 **How does optimum weight vary between individuals, and how does it affect sports performance?**	Optimum weight Body composition Bone structure Muscle mass Fat mass Height Gender Somatotype Performance Sport-specific demands	Health and wellbeing Fitness Responses, Adaptations and Additional factors Body systems	What is meant by optimum weight? Name three factors that influence body weight. How does body composition affect sports like gymnastics vs rugby?	I will be able to: • Define optimum weight and understand how it differs for individuals based on sport, gender, and height. • Analyse how factors like bone structure, muscle mass, and fat affect weight and performance in sport. • Apply examples from contrasting sports (e.g.	Question 1: (4 marks) Explain how optimum weight can differ between athletes in different sports. • (AO1) Define optimum weight. • (AO2) Explain how it varies between athletes in sports like gymnastics and rugby. Question 2: (3 marks) Describe how muscle mass affects weight and performance in strength-based sports.

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				long-distance running vs wrestling).	• (AO1) Define muscle mass • (AO2) Explain its impact on performance (e.g. strength, power). Question 3: (2 marks) How does gender influence optimum weight in sports? • (AO1) Define how gender typically affects weight. • (AO2) Explain how different sports may have varying weight requirements based on gender (e.g. sprinting vs weightlifting).
Lesson 10 Week 4 **How can I execute effective shooting techniques in open and pressured situations?**	Jump shot Power shot Placement Follow-through Accuracy Goalkeeper awareness Shooting angle Reaction	Attack/Defence Decision Making Tactical awareness	Name two types of handball shots. What makes a shot accurate? Why is footwork important in shooting? How can you beat a	I will be able to: • Perform accurate shooting techniques from various angles. I will be able to: • Adapt shot choice based on defender and goalkeeper position. • Score under both isolated and pressured conditions.	In conditioned practice, score 2 points instead of 1 for scoring a jump shot. Reflect on which shot type was most effective and why. What decision influenced your shot selection?

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			goalkeeper in close range?		
Lesson 11 Week 5 **How do different food groups and nutrients support health and sports performance?**	Macronutrients Micronutrients Carbohydrates Protein Fats Vitamins Minerals Fibre Energy Metabolism	Health and wellbeing Fitness Responses, Adaptations and Additional factors Body systems	Give one role of protein in sport. Name a vitamin and its function.	I will be able to: • Identify the main food groups. • Describe the role of macronutrients and micronutrients. • Explain how a balanced diet supports general health and athletic performance. • Apply food knowledge to different types of sport (e.g. endurance vs strength).	Collaboratively design a "balanced plate" for either a swimmer or a sprinter. • Label each component with the nutrient it provides. • Justify your nutrient choices in terms of performance and recovery. • Highlight at least one micronutrient and its purpose. Question 1: (4 marks) Explain the role of carbohydrates in an athlete's diet and its impact on performance. • (AO1) Define carbohydrates and their function in the body. • (AO2) Explain how carbohydrates fuel performance, particularly in endurance sports. Question 2: (3 marks) Name two micronutrients and describe their roles in supporting general health and sports performance. • (AO1) Define micronutrients. • (AO2) Describe the role of two key micronutrients (e.g. vitamins or minerals) and their impact on performance.

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					Question 3: (3 marks) How can an imbalance in macronutrients (carbs, proteins, fats) affect athletic performance? • (AO1) Define macronutrients. • (AO2) Explain how an imbalance (e.g. too much fat or not enough protein) could affect an athlete's energy levels and recovery.
Lesson 12 Week 5 **How can I combine attack and defence in transition play?**	Fast break Formation Turnover Transition Recovery Support Counter-attack Tracking back Shape	Attack/Defence Decision Making Tactical awareness	What is a fast break? Why is transition important in handball? Name a tactic to regain team shape. What is tracking back?	I will be able to: • Recognise and react quickly during turnover situations. • Support teammates during transitions. • Use space effectively in attack and cover in defence.	• In a full sided conditioned game, score double points instead of 1 for scoring through a fast break (10-15 seconds)
Lesson 13 Week 6 **How do hydration, recovery, and dietary strategies**	Hydration Recovery Carbohydrate loading Meal timing Rehydration	Health and wellbeing Fitness Responses, Adaptations and	Why is hydration important for athletes?	I will be able to: • Explain the need for hydration and recovery strategies. • Define carbohydrate loading and understand	Collaborative task: Scenario: A student is preparing for a weekend football tournament. • Plan their meals and fluid intake for the 2 days prior, match day, and recovery. • Include when to eat, what to eat, and why.

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affect sport performance?	Glycogen stores Electrolytes Delayed onset muscle soreness (DOMS) Nutrient timing Performance nutrition	Additional factors Body systems	What is carbohydrate loading? When should athletes eat before a match or race? What is recovery nutrition?	the importance of meal timing. • Apply dietary manipulation strategies to specific sports scenarios (e.g. triathlon, football tournament). • Justify nutrition choices pre-, during, and post-event.	• Justify the timing and content based on performance needs. **Question 1:** **(4 marks)** *Explain the importance of hydration for a football player during a 90-minute match.* • (AO1) Define hydration and its role in maintaining physical function. • (AO2) Explain how dehydration affects performance (e.g., cramping, fatigue). **Question 2:** **(3 marks)** *What is carbohydrate loading, and how does it benefit an athlete in a marathon?* • (AO1) Define carbohydrate loading. • (AO2) Explain how it helps an athlete maintain energy during endurance events. **Question 3:** **(3 marks)** *Describe the role of recovery strategies (e.g., rest, nutrition) in maintaining performance for a sprinter after training.* • (AO1) Define recovery strategies. • (AO2) Explain how rest, rehydration, and post-training nutrition improve recovery and performance.

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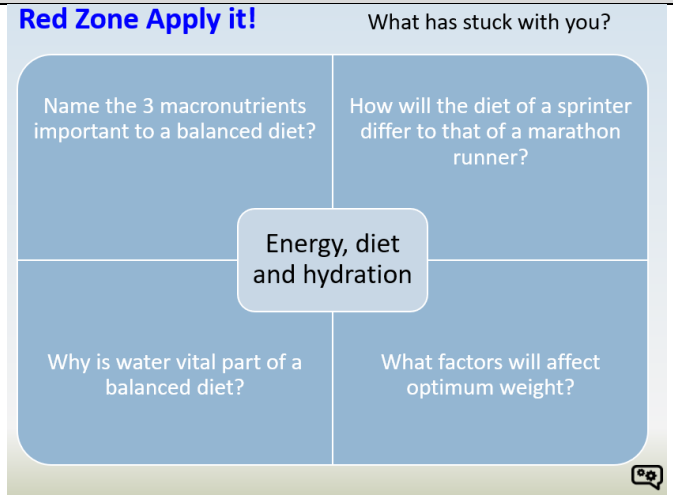
Lesson 14 Week 6 **How do I revise effectively to prepare for a 75-minute mock exam?**	Command words AO1 / AO2 / AO3 PEEL structure Timing Key topics Scoring Exam rubric	Health and wellbeing Fitness Responses, Adaptations and Additional factors Body systems	What is the difference between AO1, AO2, and AO3? Name 3 command words and explain what they require. What structure should you follow in a 9-mark question?	I will be able to: • Identify key exam techniques and common command words. • Recall and apply knowledge from recently taught units.	 **Exam questions** 1. Sports performers make sure they eat a balanced diet. Briefly explain the importance of carbohydrates and protein to an elite sports performer. (i) Carbohydrates **(2)** (ii) Protein **(2)**

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Lesson 15 Week 6 **How can I apply tactics in set plays and structured attack to break down a defence?**	Set play Overload Spacing Spatial awareness Communication Screening Cutting Timing Playmaker	Attack/Defence Tactical awareness Decision making	What is a set play? What is the role of the playmaker? How does spacing help in attack? 'Overload'	I will be able to: • Use a variety of tactics to create space and scoring chances. • Identify different formations and understand how it can be used tactically • Communicate clearly and support team strategy.	• Conditioned game – players must stick to their positions and formations. Sports hall split into netball thirds and players must remain within their positions during the game. • 3v1 – always creating 3 options for team mates during passing and possession of the ball.
Lesson 16 Week 7 **How can I demonstrate exam technique and apply my knowledge under timed conditions?**	Application Evaluation Question analysis Time management	Health and wellbeing Fitness Responses, Adaptations and Additional factors Body systems	What should you do first when starting a long-answer question? How long should you spend on a 9-mark question?	I will be able to: • To complete a 60-mark full paper. • To show use of PEEL structure and apply knowledge across multiple topics. • To evaluate performance using exam rubric.	Complete exam paper
Lesson 17 Week 7 **How can I demonstrate consistent performance and decision-making in**	Performance Competitive Consistency Decision making Teamwork Communication Evaluation Positioning	Attack/Defence Tactical awareness Decision making	What does consistency mean in performance? How do you make decisions under pressure?	I will be able to: • Perform a full range of core and advanced skills in game play. • Make effective decisions under pressure.	• Apply all relevant skills and techniques effectively in a conditioned and competitive situation. • Demonstrate tactical awareness and decision-making under pressure. • Contribution to set play/moves, (free throws, goalkeeper throw, fast break, throw off, throw in) in attack and defence

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a full game scenario?	Assessment		Why is communication vital in handball?	• Reflect GCSE assessment criteria in performance.	• Maintain composure and consistency during competitive play, adapting strategies as needed
Lesson 18 Week 8 **How can I reflect and use feedback to improve exam performance?**	Green pen Self-assessment Peer review Target setting Mark scheme Command word Improvement	Health and wellbeing Fitness Responses, Adaptations and Additional factors Body systems	What does AO1, AO2, AO3 stand for? What was your best-answered question and why?	I will be able to: • Self and peer assess using the official mark scheme. • Identify areas for improvement and rewrite one extended response.	Choose one 6- or 9-mark answer to rewrite in green pen using feedback.
Lesson 19 Week 8 **How can I improve my understanding by addressing common misconceptions from the exam?**	Misconception Clarification AO1 / AO2 / AO3	Health and wellbeing Fitness Responses, Adaptations and Additional factors Body systems	What question did most students lose marks on?	I will be able to: • Identify and understand the most common misconceptions from the exam. • Correct misunderstandings through guided practice and clarification. • Revisit the specific topic(s) where you lost marks. • Apply feedback to re-answer at least one previously misunderstood question correctly.	Revisit the topic with a short teacher explanation, model answer, or peer support. In green pen, rewrite your answer to the question using exercise book and improved understanding.

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