

# Year 11 SOW

					Assessment
Week 1 and 2	Coursework Tutorial	Coursework Tutorial	Exam Technique	Exam technique	Fitness test
Week 3 and 4	6 mark technique	6 mark technique	Revision paper 1	Revision paper 1	training methods
Week 5 and 6	Mock	Mock	Mock	Mock	Revise
Week 7 and 8	Mock	Mock	Mock	Mock	Revise
	Socio- cultural unit				
Week 9 and 10	Engagement patterns	Barriers to Participation	6 mark technique on Engagement and barriers		Engagement
Week 11 and 12	Commercialisation	Sponsorship and the media	Evaluate impact of Commercialisation	Evaluate impact of commercialisation	Commercialisation
Week 13 and 14	Technology in sport	Evaluate impact of technology	Evaluate impact of technology Essay prep	Player behaviour	Technology
Week 15 and 16	Performance enhancing drugs	Performance enhancing drugs (exam tech')	Hooliganism	Hooliganism	PEDs
Week 17 and 18	Socio cultural test review	Revision: Key terms in Health	Health: Obesity and sedentary life	Balanced diet/nutrition/energy usage	Health
Week 19 and 20	Somatotypes	Water balance and extended questions	Bones and joints	Movements	Skeleton and joints
Week 21 and 22	Antagonistic pairs	Muscle contractions	Movement analysis revision	Movement analysis revision	Muscle contract
Week 23 and 24	C.V SYSTEM Revision:	CV System revision	Respiratory system revision	Respiratory system	Cv system
Week 25 and 26	Sport psych revision	Training revision	Training exam technique	Engagement/Commercialisation	Sport psych
Week 27 and 28	Socio-cultural revision Technology	Socio-cultural revision PEDs	Paper 1 self reflection	Paper 2 self reflection	Socio-cult
Week 29 and 30	Exam technique Paper 1				
Week 31 and 32	Exam Technique Paper 2				

Core Practical

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