



	Unit title	Unit title	Unit title	Unit title	Unit title	Unit title
<b>Year 11</b>	<b>Sports Psychology 30% of the overall course</b>	<b>Socio Cultural Influences 30% of the overall course</b>	<b>Health, Fitness &amp; Well Being 30% of the overall course</b>	<b>Exam Preparation</b>		
	Students will learn the difference between skill and ability. Students will learn the different types of goals performers set for themselves. They will be able to differentiate between performance and outcome goals. Students will be able to understand how information is processed during a practical situation. Students will be able to identify and evaluate different types of feedback. Students will learn about the different types of aggression and different personality types.	Students will learn about different social groups relate to and participate in sport. They will look at how the media and sponsorship affects sport. Students will learn about the positive and negative impact of technology on sport. Students will learn about the advantages and disadvantages of taking prohibited substances. They will also learn about the positive and negative effects spectators have at sports events.	Students will learn about the benefits of participating in physical activity. Students will also learn the consequences of leading a sedentary lifestyle. Students will learn how obesity affects physical activity and sport. Students will be able to classify different somatotypes. Students will learn about the different nutritional components and how they assist us.	Students will revise all topics learnt and develop good technique during this time.		
<b>Assessment</b>	End of unit exam using past paper questions	End of unit exam using past paper questions	End of unit exam using past paper questions			