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| My PE ‘PLC’ AQA GCSE Y11 |  |
|  | **2022** |
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* **Topics not explicitly given in the list may appear in multiple-choice questions, low tariff questions or via synoptic questions. Synoptic questions are those that bring together knowledge, skills and understanding from across the specification**

**Name** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Class Teacher**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Course Content Year 11. What do I know?** | Pages  Revision Guide | R | A | G |
| * **Sports Psychology**   + - Classifications of skill     - Types of Goals     - Information Processing | Page 67-68 Revision Guide  Page 69 Revision Guide  Page 72 Revision Guide |  |  |  |
| * **Sociocultural Influences** * Social Groups * Gender and Age * Race/Religion/Culture * Commercialisation * Advantages/Disadvantages of commercialisation * Advantages and disadvantages of Technology * Conduct * Blood Doping * Drugs in sport * Pros/Cons Drugs * Spectator behaviour | Pages 82 Revision Guide  Page 83 Revision Guide  Page 84 Revision Guide  Page 85 Revision Guide  Page 86 Revision Guide  Page 87 Revision Guide  Page 88 Revision Guide  Page 89 Revision Guide  Page 90-97 Revision Guide  Page 98 Revision Guide  Page 99 Revision Guide |  |  |  |
| * **Health and Fitness** * Balanced diet and energy * Nutrition * Water Balance | Pages 107 Revision Guide  Pages 108 Revision Guide  Pages 109 Revision Guide |  |  |  |