

Transformation for all, we want all young people, to be transformed by the renewing of their minds and to live life in all its fullness

Curriculum map GCSE Physical Education

Year 11

	Autumn Term 1	Autumn Term 2	Spring term 1	Spring Term 2	Summer term 1	
<b>Topic</b>	<b>3 Physical Training L1-7</b>	<b>3 Physical Training L8-14</b>	<b>4 Sports Psychology L15 - 19</b>	<b>5abc Socio Cultural Influences L20 -27</b>	<b>Year 2 Revision and Exam Technique L28-30</b>	
<b>End Point Knowledge (Objective)</b>	<p>AO1 – Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO3 – Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.</p> <p>The relationship between Health and Fitness.</p> <p>The Components of Fitness.</p> <p>How to Evaluate the need for components of fitness in specific physical activities and sport.</p> <p>Reasons for Carrying out fitness tests.</p> <p>The Protocols and procedures for fitness testing.</p>	<p>AO1 – Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO3 – Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.</p> <p>The Principles of Training and Overload and how they can be applied to training programmes.</p> <p>The Varying training Types and the Advantages and Disadvantages of using them.</p> <p>How Training can be constructed into seasons.</p> <p>The reasons for warming up and cooling down.</p>	<p>AO2 – Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>Examples of and evaluation of the effectiveness of the use and Types of Guidance for elite/beginners.</p> <p>Examples of and evaluation of the effectiveness of the use and Types of Feedback for elite/beginners.</p> <p>Arousal and Inverted U theory.</p> <p>How Optimal Arousal levels vary according to the skill being performed in PA or sport.</p> <p>How Arousal can be controlled using stress management techniques before, during, after.</p> <p>Understand the difference between in Direct and</p>	<p>AO2 – Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>Understand the Engagement patterns of different Social Groups.</p> <p>The Factors Affecting Participation.</p> <p>Commercialisation and the relationship between sport Sponsorship and the Media.</p> <p>The Positive and Negative impacts of Sponsorship and the Media.</p> <p>The Positive and Negative impacts of Technology.</p> <p>How the Conduct of Performers may vary.</p> <p>Different Prohibited Substances and the methods that certain types of performers may use.</p> <p>Positive and negative effects of spectators at events.</p>	<p>AO1 – Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <ul style="list-style-type: none"> <li>• AO2 – Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</li> </ul> <p>Revision of Year 1 and 2 content</p> <p>AO1 Mock exam Paper 1 The Human Body and Movement in PA and Sport</p> <p>AO2 Mock Exam paper 2 Socio Cultural Influences and Wellbeing in PA and Sport.</p>	

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	<p>The Limitations of Carrying out fitness tests.</p> <p>How Qualitative and Quantitative data can be gained and used when fitness testing.</p>		<p>Indirect Aggression with sporting examples.</p> <p>Characteristics of Introvert and Extrovert. Personality Types with suitable.</p> <p>Intrinsic and Extrinsic Motivation</p>			
<b>Assessment task (s)</b>	AO1 Unit Test and AO3 Coursework	AO1 Unit Test and AO3 Coursework	AO2 Unit Test	AO2 Unit Test	AO1 and AO2 Paper 1 Mock and Paper 2 Mock	
<b>Key text and vocabulary</b>	<p>AQA GCSE 9-1 PE Hodder Education, CGP AQA PE 9-1, BBC Bitesize – Health, Fitness, Agility, Balance, Cardio-Vascular Endurance, Co-ordination, Flexibility, Muscular Endurance, Power, Reaction Time, Speed, Strength, Qualitative, Quantitative.</p>	<p>AQA GCSE 9-1 PE Hodder Education, CGP AQA PE 9-1, BBC Bitesize – Progressive Overload, Circuit Training, Continuous Training, Steady State Exercise, Interval Training, HIIT, Static Stretching, Isometric Contraction, One Repetition, One Set</p>	<p>AQA GCSE 9-1 PE Hodder Education, CGP AQA PE 9-1, BBC Bitesize – Visual, Verbal, Manual, Mechanical Guidance, Knowledge of Results, Knowledge of Performance, Deep Breathing, Mental Rehearsal, Self-Talk, Extrovert, Introvert Motivation, Intrinsic Motivation, Extrinsic Motivation.</p>	<p>AQA GCSE 9-1 PE Hodder Education, CGP AQA PE 9-1, BBC Bitesize – Social Groups, Engagement patterns, Stereotypes, Barrier to participation, Ethnic group, Socio-economic group, Post-school drop-out, Role model, Peer group, Disability, Integration, Adapted sports, Discrimination, Prejudice, Leisure time, Disposable income, Inclusive, Commercialisation, Media Sponsorship Golden Triangle, Spectators, Philanthropic, Marketability, Social media, Technology, Hawkeye, TMO, Ice Baths, Oxygen Tents, Hyperbaric Chambers, Prosthetics, Match Analysis, Etiquette, Sportsmanship, Gamesmanship, Contract to compete, NGB, IOC, Ergogenic aid, Adrenaline, Stimulants, Anabolic Agents, Peptide Hormones, Narcotic Analgesics, Diuretics, Blood Doping, Viscosity, Embolism, Beta blockers, PED, Home advantage, Hooliganism.</p>	<p>AQA GCSE 9-1 PE Hodder Education, CGP AQA PE 9-1, BBC Bitesize – Analyse, Apply, Calculate, Compare, Consider, Define, Describe, Discuss, Evaluate, Explain, Identify, Illustrate, Interpret, Justify, Outline, Suggest, State.</p>	

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<b>Link with A Level/CTEC Sport</b>	Unit 5 Performance Analysis Unit 7 Improving fitness for Sport Unit 13 Health and Fitness Testing Unit 17 Sports Injuries and rehabilitation	Unit 5 Performance Analysis Unit 7 Improving fitness for Sport Unit 13 Health and Fitness Testing Unit 17 Sports Injuries and rehabilitation	Unit 19 Sports Psychology	Unit 11 Exercise for specific groups Unit 20 Sociology of Sport Unit 21 Business of Sport		
<b>Challenge: All students</b>  <b>More able students</b>	Evaluate your strengths and weaknesses in a chosen sport.  Evaluate the importance of components of fitness for different sports using examples.	How do you Progressively Overload training?  How do you structure a training programme, why is training structured into seasons?	How do SMART targets improve/optimize performance?  Evaluate how Mental rehearsal and visualisation techniques improve performance?	How does the media influence sport?  Analysis of the role of the media in sport. Does it have too much power?	Aspirational Target Grade	
<b>Opportunity Love, Hope, Trust</b>	Elite Physical Challenge- Tough Mudder, The Marathon, Triathlon, 3 Peaks Challenge	Elite Physical Challenge - Tough Mudder, The Marathon, Triathlon, 3 Peaks Challenge	Johnny Wilkinson master of Mental Rehearsal	Appreciation of female Soccer players in WPL.	Role Models in Sport and Education	
<b>Enrichment/ Cultural enrichment</b>	Participation in the extended curriculum. Autumn, Winter and Summer provision. Representing House team, Participation in external school sports competition. Affiliation and membership with community sports clubs. Selection and performance for district and regional teams. Attendance at school and community trips and residential breaks for Outdoor Education.					

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