

Physical Education

GCSE Year 10

Assessment Opportunities	Literacy/Reading opportunities	CEIAG Links
<p>Students will complete mock exams from past papers from OCR to be assessed, while also including mini assessments at the end of each mini topic to address misconceptions. Students will complete a piece of coursework to reflect on examination content but also content from AEP unit.</p>	<p>Regular use of Tier 2 and 3 vocabulary. Key words on board every lesson. Homework tasks to support with definitions and key words. Use of media in sport to highlight and support evidence for specific topics.</p> <p>GCSE Physical Education - OCR - BBC Bitesize PE (Physical Education) GCSE Revision World GCSE PE Quizzes – The PE Classroom</p>	<p>Students will be given the opportunity to enrol on to the sport leaders programme which will gain them an additional qualification. Working with other organisations to develop skills that can support future aspects. Discussion to career pathways and opportunities to speak to sixth formers.</p>

Curriculum vision:

“Our aim is to deliver a curriculum that is inclusive, relevant and progressive for all learners.”

Key Stage: 4		DURATION: Approx 29 lessons	
Learners will develop knowledge and understanding of the basic structures and functions of body systems that are particularly important to physical activities and sports. They will also study the short and long-term effects of exercise on these systems, and how these effects can impact on physical fitness and performance. Learners will develop the ability to collect and use data, analyse movement and apply their knowledge and understanding, using examples from physical activity and sport.			
Prior learning	Assessment	Resources	Enrichment Opportunities:
Students will have experienced learning about basic functions in KS3 PE lessons. Students would have developed knowledge to key bones/ muscles and components of fitness as part of their PE curriculum.	End of topic exams for each section of delivery 1 hour OCR exam in year 11	PowerPoints to accompany each lesson Practical space and equipment for fitness testing/ methods of training	Extra-curricular activities First aid Volunteer Opportunities Leadership Coaching Certificates Duke of Edinburgh

Lesson/ Weeks	Learning Intention	Learning Context	Learning Activities
1	Components of Fitness State and understand the different Skill Related components of fitness	Understand and define all the skill components of fitness linking to fitness testing and sporting examples.	Activity 1: Components of fitness flash cards These are three-part flash cards that will give pupils the opportunity to match the definitions to each component of fitness, and to an image that contextualises it. View full activity in Physical training: Components of fitness - Online delivery guide Activity 3: Which component of fitness? A series of video clips that show each component of fitness. These are accompanied by a learner resource that will enable students to make choices to reinforce their knowledge. View full activity in Physical training: Components of fitness - Online delivery guide

2	State and understand the different Health Related components of fitness	Understand and define all the skill components of fitness linking to fitness testing and sporting examples.	Activity 6: Missing words A simple task that involves students putting the missing words in the sentences. View full activity in Physical training: Components of fitness - Online delivery guide
3	Principles of Training SPORT Define the principles of training	Know the following definitions of principles of training and be able to apply them to personal exercise/training programmes: o specificity o overload o progression o reversibility	
4	FITT Explain what FITT stands for	know the definition of the elements of FITT (Frequency, Intensity, Time, Type) and be able to apply these elements to personal exercise/training programmes	Activity 2: FITT grid FITT grid (Teacher resource 2 and Learner resource 2) This activity involves a research exercise followed by filling-in a grid with information on the frequency, intensity, time and type of training for five different components of fitness. View full activity in Physical training: Optimising training - Online delivery guide
5	Training Methods Demonstrate the different methods of training	know different types of training, definitions and examples of: o continuous o fartlek o interval – circuit training – weight training – plyometrics – HIIT (High Intensity Interval Training)	Practical task
6	Warm up & Cool down Demonstrate/create a warm up	understand the key components of a warm up and be able to apply examples: o pulse raising o mobility o stretching o dynamic movements o skill rehearsal know the physical benefits of a warm up, including effects on: o warming up muscles/preparing the body for physical activity o body temperature o heart rate o flexibility of muscles and joints o pliability of ligaments and tendons o blood flow and oxygen to muscles o the speed of muscle contraction	Practical task

		<p>Understand the key components of a cool down and be able to apply examples:</p> <ul style="list-style-type: none"> o low intensity exercise o stretching <p>Know the physical benefits of a cool down, including:</p> <ul style="list-style-type: none"> o helps the body's transition back to a resting state o gradually lowers heart rate o gradually lowers temperature o circulates blood and oxygen o gradually reduces breathing rate o increases removal of waste products such as lactic acid o reduces the risk of muscle soreness and stiffness o aids recovery by stretching muscles 	
7	<p>Preventing Injury Understand how to prevent an injury from occurring</p>	<p>Understand how the risk of injury in physical activity and sport can be minimised and be able to apply examples, including:</p> <ul style="list-style-type: none"> o personal protective equipment o correct clothing/footwear o appropriate level of competition o lifting and carrying equipment safely o use of warm up and cool down <p>Know potential hazards in a range of physical activity and sport settings and be able to apply examples, including:</p> <ul style="list-style-type: none"> o sports hall o fitness centre o playing field o artificial outdoor areas o swimming pool 	Risk assessment practical
<p>AEP COMPLETION (14 hours Max) Mini Assessment 1.</p>			
1	<p>Socio cultural issues Familiarise yourself with current trends in participation</p>	<p>Be familiar with current trends in participation in physical activity and sport:</p> <ul style="list-style-type: none"> o using different sources (such as Sport England, National Governing Bodies (NGBs) and Department of Culture, Media and Sport (DCMS)) o of different social groups o in different physical activities and sports 	<p>Research task discovering the trends in your local area. Linking with local community</p>
2	<p>Understand how different factors can affect participation</p>	<p>Understand how different factors can affect participation, including:</p> <ul style="list-style-type: none"> o age o gender o ethnicity o religion/culture o family o education o time/work commitments o cost/disposable income 	True or False quiz

		<ul style="list-style-type: none"> o disability o opportunity/access o discrimination o environment/climate o media coverage o role models 	
3	Understand the influence of the media on the commercialisation of physical activity and sport	<ul style="list-style-type: none"> – different types of media – social – internet – TV/visual – newspapers/magazines. 	Using local newspapers, social media and TV(news) over see how these methods can influence commercialisation
4	Know the meaning of commercialisation, including sport, sponsorship and the media (the golden triangle):	<ul style="list-style-type: none"> o positive and negative effects of the media on commercialisation o be able to apply practical examples to these issues 	
5	Understand the influence of sponsorship on the commercialisation of physical activity and sport:	<ul style="list-style-type: none"> o positive and negative effects of sponsorship on commercialisation o be able to apply practical examples to the issue of sponsorship 	
6	Gain an understanding to sportsmanship and how it is used in sport.	<p>Know and understand:</p> <ul style="list-style-type: none"> o the value of sportsmanship o the reasons for gamesmanship and deviance in sport <p>be able to apply practical examples to these concepts</p>	Most Beautiful and Respect Moments in Sports - YouTube
Mini Assessment 2.			
7	Discover reasons why performers take drugs in sport	Know and understand the reasons why sports performers use drugs	<p>Activity 4: Why sports performers use drugs</p> <p>A short task that explores the reasons for athletes using illegal drugs.</p> <p>View full activity in Ethical and socio-cultural issues in physical activity and sport - Online delivery guide</p>

8	List the different types of drugs used in sport	Know the types of drugs and their effect on performance: o anabolic steroids o beta blockers o stimulants	Activity 5: Different types of drugs A set of flash cards to be printed and laminated. Each 'set' comes in three sections. View full activity in Ethical and socio-cultural issues in physical activity and sport - Online delivery guide
9	Understand the impact of drugs in sport	Know and understand the impact of drug use in sport: o on performers o on sport itself Giving practical examples	Activity 6: Increase in steroid use BBC Newsbeat story and video about steroid use. View full activity in Ethical and socio-cultural issues in physical activity and sport - Online delivery guide
10	Gain a understanding to violence in sport and why it happens and how it can be prevented.	Know and understand the reasons for player violence Give practical examples	Activity 8: The reasons for player violence in sport, and examples of violence Learners will watch a wide range of video clips that show examples of violence from different sports. They will then complete a worksheet; giving their opinions about the reasons for violent behaviour in sport. View full activity in Ethical and socio-cultural issues in physical activity and sport – Online delivery guide
Mini Assessment 3.			
11	Sports Psychology Know the different motor skills	Understand and be able to apply examples of the characteristics of skilful movement: o efficiency o pre-determined o co-ordinated o fluent o aesthetic	Which motor skill am I? Discussion activity – this is a competitive pairs activity that is fun and aims to get learners to think about what a motor skill is and examples of motor skills in their sport. View full activity in Sports psychology: Characteristics of skilful movement - Online delivery guide
12	Know how continua used in the classification of skills,	o simple to complex skills (difficulty continuum) o open to closed skills (environmental continuum) With the use of practical examples	Over to you Learners work in pairs and are given one continuum to research. View full activity in Sports psychology: Classification of skills - Online delivery guide Match the terms Learners test their understanding by cutting up the cards and deciding which cards go together to describe the characteristics of each type of skill. View full activity in Sports psychology: Classification of skills - Online delivery guide

13	Discover how to create a SMART goal	<p>understand and be able to apply examples of the use of goal setting:</p> <ul style="list-style-type: none"> o for exercise/training adherence o to motivate performers o to improve and/or optimise performance <p>understand the SMART principle of goal setting with practical examples (Specific, Measurable, Achievable, Recorded, Timed)</p>	<p>Which goals are SMART? Learners watch the video and identify which goals follow the SMART goal setting principles. View full activity in Sports psychology: Goal setting - Online delivery guide</p> <p>GOAL SETTING – are you SMART? The table in the resource has descriptions and examples of SMART goal setting although they are mixed up. Learners should work out which is the correct description and example. View full activity in Sports psychology: Goal setting - Online delivery guide</p>
14	Apply SMART goals to optimise a performance	be able to apply the SMART principle to improve and/or optimise performance	
15	Understand how to prepare for a physical event	<p>know mental preparation techniques and be able to apply practical examples to their use:</p> <ul style="list-style-type: none"> o imagery o mental rehearsal o selective attention o positive thinking 	<p>Introduction to positive thinking A brief introduction to positive thinking useful to set the scene for this topic. View full activity in Sports psychology: Mental preparation - Online delivery guide</p> <p>Developing an understanding of positive thinking How to use positive thinking in sport, some examples of a real athletes use of positive thinking. View full activity in Sports psychology: Mental preparation - Online delivery guide</p>
16	Understand types of guidance, their advantages and disadvantages	<p>understand types of guidance, their advantages and disadvantages, and be able to apply practical examples to their use:</p> <ul style="list-style-type: none"> o visual o verbal o manual o mechanical 	<p>Spot the guidance Learners watch the clip ‘Guidance methods: Ice skating’ and identify when the coach is using each of the four types of guidance. Ask them to discuss their findings with a friend. View full activity in Sports psychology: Types of guidance - Online delivery guide</p>
17	Develop your knowledge on types of feedback	<p>understand types of feedback and be able to apply practical examples to their use:</p> <ul style="list-style-type: none"> o intrinsic o extrinsic o knowledge of performance o knowledge of results o positive o negative 	<p>Feedback in sport This is a useful video about feedback. It also contains some extension work on terminal, concurrent and continuous feedback. View full activity in Sports psychology: Types of feedback - Online delivery guide</p>

Mini Assessment 4.

18	<p>Health fitness and well being</p> <p>Explain the different between health fitness and well being</p>	<p>know what is meant by health, fitness and well-being</p> <p>understand the different health benefits of physical activity and consequences of a sedentary lifestyle:</p> <ul style="list-style-type: none"> o physical: <ul style="list-style-type: none"> - injury - coronary heart disease (CHD) - blood pressure - bone density - obesity - Type 2 diabetes - posture - fitness o emotional: <ul style="list-style-type: none"> - self-esteem/confidence - stress management - image o social: <ul style="list-style-type: none"> - friendship - belonging to a group - loneliness 	
19	<p>Discover what a balanced diet consist of and being able to categorise the different types of food.</p>	<p>know the definition of a balanced diet</p> <p>know the components of a balanced diet</p> <ul style="list-style-type: none"> o carbohydrates o proteins o fats o minerals o vitamins o fibre o water and hydration 	<p>Food tasting</p> <p>Categorising foods you eat</p>
20	<p>Understand the effect diet and hydration has on the individual</p>	<p>understand the effect of diet and hydration on energy use in physical activity</p> <p>be able to apply practical examples from physical activity and sport to diet and hydration</p>	<p>Discussion with nutritionist</p>
<p>Year 10 Mock (July)</p>			