

## Year 10 (GCSE Physical Education) Curriculum Map

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	Autumn Term		Spring Term		Summer Term	
<b>Unit Length</b>	3.2.1. Sports Psychology		3.2.2. Social-Cultural Influences		3.2.3 Health, Fitness and Wellbeing	
	<b>Classifications of Skills</b> SMART Targets Basic information processing	Guidance and Feedback  Mental Preparation	Engagement patterns of social groups  Commercialisation	Ethical and socio-cultural issues	Physical, emotional and social health, fitness and wellbeing	Energy use, diet, nutrition and hydration
<b>Links to the National curriculum/Assessment Objectives</b>	<ul style="list-style-type: none"> <li>• AO1: Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</li> <li>• AO2: Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</li> <li>• AO3: Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.</li> </ul> Linked to Paper 2.					
<b>Description of the topic and key learning outcomes (key knowledge and understanding)</b>	<p><b>Overview:</b> DINs to focus on recalling prior knowledge and skills. Students should develop knowledge and understanding from Paper 1 i.e. Principles of training, Warm up and cool downs, use of data</p> <p><b>Outcomes:</b> Pupils will be able to give basic definitions of skill, describe the different classifications of skill. Give definitions of types of goals. They will be able to describe the use and evaluation of setting performance and outcome goals in sporting examples.</p>	<p><b>Overview:</b> DINs to focus on recalling prior knowledge and skills. Students should develop knowledge and understanding of the classification of skills and the use of goal setting and SMART targets to improve and/or optimise targets.</p> <p><b>Outcomes:</b> Pupils will be able to describe and evaluate the effectiveness of the use of types of guidance. Pupils will develop sound knowledge of mental preparation for performance. They will be able to give a definition of arousal,</p>	<p><b>Overview:</b> DINs to focus on recalling prior knowledge and skills. Students should develop knowledge and understanding of the classification of skills and the use of goal setting and SMART targets to improve and/or optimise targets.</p> <p><b>Outcomes:</b> Pupils will be able to describe the engagement patterns of different social groups and the factors affecting participation. They will be able to define commercialisation. They will be able to describe the different types of sponsorship</p>	<p><b>Overview:</b> DINs to focus on recalling prior knowledge and skills. Students should develop knowledge and understanding of the engagement patterns of different social groups and the factors affecting participation.</p> <p><b>Outcomes:</b> Pupils will be able to describe the conduct of performers, prohibited substances and prohibited methods. They will have an understanding of which type of performer may use different types of performance enhancing drugs with sporting examples. They will be able to describe the</p>	<p><b>Overview:</b> DINs to focus on recalling prior knowledge and skills. Students should develop knowledge and understanding of which type of performer may use different types of performance enhancing drugs and describe the advantages and disadvantages for taking them.</p> <p><b>Outcomes:</b> Pupils will be able to link participation in physical activity, exercise and sport to health, wellbeing and fitness, and describe how exercise can suit the varying needs of different people. Pupils will develop an</p>	<p><b>Overview:</b> DINs to focus on recalling prior knowledge and skills. Students should be able to link participation in physical activity, exercise and sport to health, wellbeing and fitness, and describe how exercise can suit the varying needs of different people.</p> <p><b>Outcomes:</b> Pupils will be able to describe energy use and nutrition. They will understand the reasons for having a balanced diet. Pupils will be able to describe a balanced diet and the role of carbohydrates, fat, protein and vitamins/minerals.</p>

	Pupils will develop sound knowledge of the use of SMART targets to improve and/or optimise performance. Pupils will have a sound understanding of the basic information processing model.	how it can be controlled. Have an understanding of aggression and different personality types. They will be able to give a definition of intrinsic and extrinsic motivation.	and media. Pupils will have a sound understanding of the positive and negative impacts of sponsorship and the media and technology.	advantages and disadvantages for the performer of taking PEDs. Students will develop knowledge and understanding the strategies employed to combat hooliganism and spectator behaviour.	understanding of the consequences of a sedentary lifestyle, obesity and how it may affect performance in physical activity and sport.	Pupils will have a sound understanding of the reasons for maintaining water balance (hydration).
<b>Related Concepts (that are revisited)</b>	Read and understand text book; understanding and using subject terminology e.g. Classification of skills, SMART targets and basic information processing.	Recall subject terminology and applying it from Autumn 1. Read and understand text book; understanding of guidance and feedback and mental preparation.	Recall subject terminology and applying it from Autumn 1 and 2. Read and understand text book; understanding of sports psychology e.g. SMART targets and mental preparation. Practical application.	Recall subject terminology and applying it from Autumn term and Spring 1. Read and understand text book; understanding of Sports psychology and Socio-cultural influences.	Recall subject terminology and applying it from Autumn/Spring term. Read and understand text book; Understanding of Sports psychology, Socio-cultural influences and physical, emotional and social health, fitness and wellbeing.	Recall subject terminology and applying it from beginning of the year i.e. Sports psychology, Socio-cultural influences and physical, emotional and social health, fitness and wellbeing.
<b>Skills being taught</b>	<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> <li>• AO3: Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.</li> </ul>		<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> <li>• AO3: Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.</li> </ul>		<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> <li>• AO3: Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.</li> </ul>	
<b>Milestone assessments</b>	AC1 Past papers on Classification of skill, SMART targets, basic information processing.	AC2 Past papers on Sports Psychology e.g. Classification of skill, SMART targets and feedback and Mental preparation.	AC3 Past papers on Sports Psychology and engagement patterns of social groups. Commercialisation	AC4 Past papers on Sports psychology and Socio-cultural influences.	AC5 Past papers on Sports psychology and Socio-cultural influences, health, fitness and well being. physical, emotional and social health, fitness and wellbeing.	
<b>Wider reading</b>	GCSE Text, PE Journals, Newspaper articles		GCSE Text, PE Journals, Newspaper articles		GCSE Text, PE Journals, Newspaper articles	
<b>Literacy programme</b>	Spellings, key vocabulary, writing frames.		Spellings, key vocabulary, writing frames.		Spellings, key vocabulary, writing frames.	
<b>Homework</b>	Knowledge organisers & self-marking quizzes		Knowledge organisers & self-marking quizzes		Knowledge organisers & self-marking quizzes	

