

Year: 11 GCSE PE

Subject: Health Sport & Exercise

<b>Autumn Term</b>		
Overarching Topic: Controlled assessment – analysis of performance		
What has come before and what comes later:	The students have developed an understanding of all topics covered across paper 1 and paper 2. They will have covered a variety of sports to identify their 3 areas of assessment ready for moderation. The students will review areas requiring development and then begin to complete their controlled assessment.	
	Core	Extension
The Big Questions (What questions will students be able to answer upon mastery of the topic?)	<ul style="list-style-type: none"><li>• What is the difference between skill &amp; ability?</li><li>• How do we classify skills?</li><li>• What are performance goals?</li><li>• What are outcome goals?</li><li>• What type of goals suit different performers?</li><li>• How can SMART targets improve performance?</li><li>• What is information processing?</li><li>• What are the stages of the information processing model?</li><li>• What different types of guidance are there and how do they help performance?</li><li>• What are the advantages and disadvantages of the different types of guidance?</li><li>• What different types of feedback are there?</li><li>• How do we select the right type of feedback for a performer?</li><li>• What is arousal?</li></ul>	<ul style="list-style-type: none"><li>• What tactics can enhance performance?</li><li>• How can we use periodisation to enhance a training programme?</li><li>• How long should it take to see results from a training plan?</li><li>• How can we prevent tedium?</li><li>• How can we increase reliability and validity of test results?</li></ul>

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	<ul style="list-style-type: none"><li>• What is the inverted U theory?</li><li>• How does the type of skill being performed impact the level of arousal required?</li><li>• How can arousal be controlled?</li><li>• What is the difference between direct and indirect aggression?</li><li>• What examples are there of direct and indirect aggression?</li><li>• What are the characteristics of an introvert?</li><li>• What are the characteristics of an extrovert?</li><li>• How does personality impact physical activity choices?</li><li>• What is intrinsic motivation?</li><li>• What is extrinsic motivation?</li><li>• What are the merits of intrinsic and extrinsic motivation?</li><li>• What are the key skills required for your chosen sport?</li><li>• What are the coaching points for the key skills in your chosen sport?</li><li>• How can you identify areas of strength and weakness?</li><li>• What principles of training can you apply to a training plan?</li><li>• How can we measure progress towards targets?</li><li>• How can we set targets that are smart?</li><li>• How can we use technology to enhance training?</li></ul>	
	<b>Skill/Technique</b>	<b>How students will develop and demonstrate this</b>
Key skills	<ul style="list-style-type: none"><li>• Oral communication</li><li>• Written communication</li></ul>	<ul style="list-style-type: none"><li>• Verbal rehearsal</li><li>• Peer questioning</li></ul>

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	<ul style="list-style-type: none"> <li>• Critical analysis of a peer or critical analysis of self</li> <li>• Evaluate effectiveness of a training plan</li> <li>• Design a safe fitness plan</li> </ul>	<ul style="list-style-type: none"> <li>• Use of scaffolding to assist with the structure of answers</li> <li>• Written analysis in pairs &amp; groups</li> <li>• Written analysis on own</li> </ul>
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<b>Spring Term</b>		
Overarching Topic: Controlled assessment – analysis of performance		
What has come before and what comes later:	The students have revisited areas that required further development and they will have begun to prepare for their controlled assessment. They will now complete their controlled assessment and prepare for practical moderation	
	Core	Extension
The Big Questions (What questions will students be able to answer upon mastery of the topic?)	<ul style="list-style-type: none"> <li>• What are the key skills required for your chosen sport?</li> <li>• What are the coaching points for the key skills in your chosen sport?</li> <li>• How can you identify areas of strength and weakness?</li> <li>• What principles of training can you apply to a training plan?</li> <li>• How can we measure progress towards targets?</li> <li>• How can we set targets that are smart?</li> <li>• How can we use technology to enhance training?</li> </ul>	<ul style="list-style-type: none"> <li>• What tactics can enhance performance?</li> <li>• How can we use periodisation to enhance a training programme?</li> <li>• How long should it take to see results from a training plan?</li> <li>• How can we prevent tedium?</li> <li>• How can we increase reliability and validity of test results?</li> </ul>
	Skill/Technique	How students will develop and demonstrate this

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Key skills	<ul style="list-style-type: none"><li>• Critical analysis of a peer or critical analysis of self</li><li>• Evaluate effectiveness of a training plan</li><li>• Design a safe fitness plan</li></ul>	<ul style="list-style-type: none"><li>• Verbal rehearsal</li><li>• Use of scaffolding to assist with the structure of answers</li><li>• Written analysis in pairs &amp; groups</li><li>• Written analysis on own</li></ul>
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