

Curriculum Intent

Subject: GCSE PE

Year 10

	What?	Why?	
Term 1-1	Socio cultural influences and well being in physical activity and sport: Sports Psychology	<ul style="list-style-type: none"> • Examples of and evaluation of the types of feedback and guidance • Arousal and inverted U theory • Application of how optimal arousal changes dependent upon the skill • Stress (arousal) management • Aggression • Personality types • Intrinsic and extrinsic motivation • Evaluation of intrinsic and extrinsic motivation • End of unit test 	<p>The following key knowledge will be recapped throughout the unit:</p> <ul style="list-style-type: none"> • Identify the 4 types of guidance • Recall the 3 categories of feedback • Link guidance and feedback to beginners and elite performers • Define arousal • Explain the 3 elements of the Inverted U theory – linking it to performance • Identify and explain 3 stress management techniques – apply to sporting examples • Define direct and indirect aggression – apply to sporting examples • Recall 3 characteristics of an introvert/extrovert • Define intrinsic/extrinsic motivation – giving examples of each • Identify pro/con of intrinsic/extrinsic motivation <p>Interweaving Knowledge that can be specifically applied from previous/other units:</p> <ul style="list-style-type: none"> • Feedback from end of unit test on principles of training, types of training, seasons and warmup/cool down • Link arousal level to skill continuums – clearly explaining how 'optimum arousal' differs for different skills.
Term 1-2			
Term 2-1	Analysis and evaluation task (coursework)		<p>The following key knowledge will be recapped throughout the unit:</p> <ul style="list-style-type: none"> • All content covered in Year 9 and the beginning of Year 10 is to be applied in the coursework (equivalent of 10% of the overall grade)



Term 2-2			<p>Interweaving Knowledge that can be specifically applied from previous/other units:</p> <ul style="list-style-type: none"> Feedback from End of unit test on feedback, guidance, arousal, aggression and personality.
Term 3-1	Socio cultural influences and well being in physical activity and sport: Socio- cultural influences	<ul style="list-style-type: none"> Engagement patterns and the factors that affect them Commercialisation Sponsorship/Media Positive and negative impacts of sponsorship/media Positive and negative impact of technology End of unit test 	<p>The following key knowledge will be recapped throughout the unit:</p> <ul style="list-style-type: none"> Define participation Identify the 5 social groups Recall the factors that affect participation Link factors to social groups Define commercialisation, sponsorship and media (golden triangle) Identify types of sponsorship and media Pro/cons of commercialisation on performer/sport/official/audience/sponsor Identify technology in sport – give positive and negative effects on performer/sport/official/audience/sponsor <p>Interweaving Knowledge that can be specifically applied from previous/other units:</p> <ul style="list-style-type: none"> Link personality types and how they could be affected by commercialisation How levels of arousal can be affected by the ‘hype’ created by media coverage Motivation intrinsic and extrinsic – will this be affected by commercialisation
Term 3-2	Analysis and evaluation task (coursework – updates)	<ul style="list-style-type: none"> Changes to coursework to be completed. If not done by the end of the permitted lesson time then all updates/changes must be done in own time. Time given to those who need to revise, update and amend their notes. A general over view of pupil grade situation to be given – next steps identified for exam, coursework and practical marks. 	