

PE Department

Year 10

Topic: UNIT 3 (paper 1) , 4 (paper 2) ,5 (paper 2) ,6 (paper 2) , Coursework

Learning Journey

Prior learning:

In year 9 students complete a unit on Fitness.

We will spend some time going over the theory for unit 3 to give them a taster of what GCSE PE is like.

Key words / understanding from KS3 lessons

Practical lesson included in KS3 which are the sports for GCSE – Netball, Handball, Trampolining

Learning sequence – topic title							Endpoint
Main learning steps	Unit 6 Health and fitness (Paper 2) 10 exam style questions at the start of each lesson Understanding of what health and fitness is. The benefits of physical activity on your physical,	Unit 3 Physical training (Paper 1) 10 exam style questions at the start of each lesson Define and understand the different components of fitness Justify why a certain sports	Unit 4 Sports Psychology (Paper 2) 10 exam style questions at the start of each lesson Understand what a skill and ability is Learn the different continuums	NEA- Coursework 1st draft Analysis (15 marks) Two strengths and two weaknesses of their performance Strength 1 and weakness 1 should be a	Unit 5 Socia – cultural influences (Paper 2) 10 exam style questions at the start of each lesson Learn about the different social groups and the barriers they face with sport	Mock exams- revision Paper 1 Unit 3. Revision of unit Mini tests Exam questions Work booklet GCSE pod You tube Paper 2 Unit 4,5,6. Revision of unit Mini tests	Mock exams Paper 1 (only 1 unit) adjust exam paper Paper 2 Full paper 1 hour 15 mins 78 marks. Course work draft.

	<p>mental and social well being.</p> <p>Understanding of what a sedentary lifestyle is</p> <p>The effects of obesity on performance</p> <p>The different types of somatotypes and linking them to a sport and why.</p> <p>Understanding of what a balanced diet is.</p>	<p>needs a component of fitness</p> <p>Explain the procedure of a fitness test / reason to carry out a fitness test / limitation of a fitness test.</p> <p>What qualitative and quantitative data is</p> <p>Understand the principles of training and application to a sport</p> <p>Understand what the different types of training are and link to a sport</p> <p>Why we warm up and cool down</p> <p>What the three training season are and what you</p>	<p>and how you identify if a skill is open or closed, basic or complex etc</p> <p>What are the different types of goal setting/ target setting are</p> <p>Understand the basic model of information processing and link to a sport / skill</p> <p>Understand what types of guidance and feedback learners should receive and why</p> <p>Understanding what arousal is and the inverted U theory when linked to performance</p>	<p>component of fitness</p> <p>Strength 2 and weakness 2 should be a specific skill / technique in the sport that is on the specification.</p> <p>Evaluation (10 marks)</p> <p>Devise an action plan that evaluates how the weaknesses can be improved.</p>	<p>Understand commercialisation and the golden training- why sport depends on media, sponsors and spectators.</p> <p>Understand the positive and negative effects technology have on sport</p> <p>Why prohibited substances are banned and why athletes take them.</p> <p>Why spectators' behaviour can impact a performance.</p>	<p>Exam questions</p> <p>Work booklet</p> <p>GCSE pod</p> <p>You tube</p>	
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		should complete in them	Understanding of what aggression, personality types and motivation means and how to link it to a person.				
Assessment	<p>At the start of each lesson students complete 10 exam questions.</p> <p>Teacher marks the students' book at the end of each unit.</p> <p>At the end of the unit students to complete an exam conditions test.</p>	<p>At the start of each lesson students complete 10 exam questions.</p> <p>Teacher marks the students book at the end of each unit.</p> <p>At the end of the unit students complete an exam conditions test.</p>	<p>At the start of each lesson students complete 10 exam questions.</p> <p>Teacher marks the students book at the end of each unit.</p> <p>At the end of the unit students complete an exam conditions test.</p>	Teacher to give students feedback and mark coursework.	<p>At the start of each lesson students complete 10 exam questions.</p> <p>Teacher marks the students book at the end of each unit.</p> <p>At the end of the unit students complete an exam conditions test.</p>	Feedback to students via teacher verbal and written feedback on exam styles questions	Teacher to mark papers and compare to grade boundaries from previous year.

Where will we use these ideas again:

Continued throughout the course (2 years)

Students to revise units

At the end of each unit test students have questions from previous units.