



## Curriculum Intent

Students will study the theoretical aspects of Physical Education, which will enable them to:

- Understand the factors that underpin performance in sport
- Understand how the physiological and psychological state affects performance
- Understand the contribution which physical activity and sport make to health, fitness and well-being
- Understand key socio-cultural influences which can affect people's involvement in physical activity and sport

Students will also take part in practical activities, which will enable them to:

- Develop skills and techniques, as well as use appropriate tactics and strategies
- Develop their ability to analyse and evaluate performance in physical activity and sport

## Autumn Term

### Students will learn:-

- Physical activity and participation in sport in the UK
- Commercialisation and sport
- Ethics, Violence and Drugs in sport
- Skill

### Knowledge, understanding & Skills

- Be familiar with current trends in participation
- Understand how different factors affect participation.
- Understand strategies to improve participation
- Apply examples
- Know the meaning of commercialisation (the golden triangle)
- Understand the influence of the media and sponsorship on commercialisation.
- Use practical examples

#### Ethics in sport

- Know and understand sportsmanship, gamesmanship and deviance
- Use practical examples

#### Violence in sport

- Know and understand the reasons for player violence in sport.
- Use practical examples

#### Drugs in sport

- Know and understand reasons why sports performers use drugs.
- Know the types of drugs and their effect on performance.
- Use practical examples

Know and understand the impact on drug use.

#### Characteristics of skilful movement

- Know the definition of motor skills

#### Classification of skills

- Know the continua used in classification of skills



## Spring / Summer Term

### Students will learn:-

- Goal setting and Mental Preparation
- Guidance and feedback
- Health fitness and well-being
- Diet and nutrition
- Revision

### Knowledge, understanding & Skills

#### Goal Setting

- Understand and apply examples of goal setting
- Understand the SMART principle
- Be able to apply SMART to improve performance.

#### Mental preparation

- Know mental preparation techniques

#### Types of guidance

- Understand the types of guidance and their advantages and disadvantages.
- Be able to apply practical examples

#### Types of feedback

- Understand the types of feedback
- Know what is meant by health, fitness and well-being
- Understand the different health benefits of physical activity (physical/emotional/social)
- Understand the consequences of a sedentary lifestyle (physical/emotional/social) and apply to different age groups
- Know the definition of a balanced diet
- Know the components for a balanced diet
- Understand the effect of diet and hydration on energy use.

*"Take care of your body, it is the only place you have to live"*

*Jim Rohn*



## How are homework /wider resources used to enhance learning?

Seneca

Theeverlearner

<https://www.brianmac.co.uk/goals.htm>

<https://www.bbc.co.uk/bitesize/guides/zcfpv4j/revision/2>

<https://www.bbc.co.uk/bitesize/guides/zx84wxs/revision/1>

<https://www.lifespanfitness.com/canada/workplace/resources/articles/health-risks-of-a-sedentary-lifestyle>

<https://www.healthline.com/health/balanced-diet>

## How will students be assessed?

Our teaching will encourage the development and refinement of key evaluative and analytical skills; acquiring knowledge, developing an argument, extended writing, evaluating theories and evidencing them with real world examples.

These skills are assessed regularly in accordance with the departmental assessment cycle across all units.

They will be assessed predominately through timed essay based assessments, linear knowledge tests, peer marking exercises, classroom discussion and end of year PPEs.

## What does Excellence look like?

- Evaluate the benefits of goal setting
- Apply practical examples of goal setting and mental preparation to improve performance
- Able to critically evaluate different types of guidance in relation to different sports and performers
- Be able to apply types of feedback to practical examples.
- Able to define health fitness and well-being accurately and apply them to sporting examples
- Be able to respond to data about health fitness and well-being.
- Be able to apply practical examples of each food group and relate it to physical performance
- Produce an excellent set of revision resources that are able to develop long term knowledge retention alongside excellent exam technique.



## International Opportunities

### Visits Programmes

- International exchange programme providing opportunities to explore sport within different cultures through school experience, and exploration of attitudes to physical exercise through hosts
- Community lectures series featuring sport and exercise related guests
- International Day sporting events

### Within the curriculum

- Global comparison of theories in sport
- Extensive use of international examples in team performance, examining the influence of cultural factors
- Analysis of global sporting events and the influence of concepts such as globalisation and commercialism