



## Bishop Milner Catholic College Year 10 CURRICULUM PLAN for GCSE PE



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| <p><b>The curriculum for this stage of students' education has been designed to</b><br/>           Enable students to understand training methods and how an athlete can improve their performance. The influences of sports psychology on the performer and how this can be used to gain advantages. Students will evaluate how our socio-cultural backgrounds influences the choices that we make in relation to sport and exercise.</p>  |  |  |
| <p><b>HALF TERM 1:</b> Physical Training</p> <p><b>STUDENTS MUST KNOW:</b></p> <ul style="list-style-type: none"> <li>The principles of training and overload</li> <li>How the principles of training are applied</li> <li>Types of training method</li> <li>Advantages and disadvantages of each type</li> <li>Calculating intensities to optimise training</li> <li>Specific training techniques (altitude)</li> </ul> <p><b>HOW THIS WILL BE ASSESSED:</b></p> <ul style="list-style-type: none"> <li>Knowledge recall in starters and plenaries</li> <li>End of unit assessment (exam board specific)</li> </ul>  | <p><b>HALF TERM 2:</b> Physical Training and Data Collection</p> <p><b>STUDENTS MUST KNOW:</b></p> <ul style="list-style-type: none"> <li>Seasonal aspects</li> <li>Warming up and cooling down</li> <li>Considerations to prevent injury</li> <li>Understand qualitative and quantitative data</li> <li>Methods for collecting data</li> <li>Presenting data</li> </ul> <p><b>HOW THIS WILL BE ASSESSED:</b></p> <ul style="list-style-type: none"> <li>Knowledge recall in starters and plenaries</li> <li>End of unit assessment (exam board specific)</li> </ul>   | <p><b>HALF TERM 3:</b> Analysis and Evaluation</p> <p><b>STUDENTS MUST KNOW:</b></p> <ul style="list-style-type: none"> <li>Analysis and Evaluation of performance (10% coursework)</li> <li>Analysis of physical and skill strengths and weaknesses from recent performances</li> <li>Create a training programme to improve performance</li> </ul> <p><b>HOW THIS WILL BE ASSESSED:</b></p> <ul style="list-style-type: none"> <li>Internally assessed externally moderated coursework</li> </ul>  |
| <p><b>HALF TERM 4:</b> Sports Psychology</p> <p><b>STUDENTS MUST KNOW:</b></p> <ul style="list-style-type: none"> <li>Skill classifications</li> <li>Goal setting and SMART targets</li> <li>Basic information processing model</li> <li>Evaluate the effectiveness of types of guidance</li> <li>Evaluate the effectiveness of types of feedback</li> <li>Arousal</li> <li>Direct and indirect aggression</li> <li>Characteristics of introverts and extroverts</li> <li>Intrinsic and extrinsic motivation</li> </ul> <p><b>HOW THIS WILL BE ASSESSED:</b></p> <ul style="list-style-type: none"> <li>Knowledge recall in starters and plenaries</li> <li>End of unit assessment (exam board specific)</li> </ul> | <p><b>HALF TERM 5:</b> Socio-cultural Influences</p> <p><b>STUDENTS MUST KNOW:</b></p> <ul style="list-style-type: none"> <li>Engagement patterns and influences on participation</li> <li>Commercialisation</li> <li>Sponsorship and the media</li> <li>Impact of technology</li> <li>Conduct of performers</li> <li>Prohibited substances and PED's</li> <li>Spectator behaviour</li> <li>Hooliganism</li> </ul> <p><b>HOW THIS WILL BE ASSESSED:</b></p> <ul style="list-style-type: none"> <li>Knowledge recall in starters and plenaries</li> <li>End of unit assessment (exam board specific)</li> </ul> | <p><b>HALF TERM 6:</b> Health, fitness and wellbeing</p> <p><b>STUDENTS MUST KNOW:</b></p> <ul style="list-style-type: none"> <li>Link participation in physical exercise to health, wellbeing and fitness</li> <li>Physical, mental and social aspects</li> <li>Sedentary lifestyle</li> <li>Obesity</li> <li>Somatotypes</li> <li>Energy use</li> <li>Nutrition and hydration</li> </ul> <p><b>HOW THIS WILL BE ASSESSED:</b></p> <ul style="list-style-type: none"> <li>Knowledge recall in starters and plenaries</li> <li>End of unit assessment (exam board specific)</li> </ul> |
| <p><b>Embedding this knowledge can be supported at home by</b></p> <ul style="list-style-type: none"> <li>Reviewing class notes</li> <li>Reading revision guide</li> <li>Completing set independent study tasks</li> <li>Watching and participating in sporting activities – understanding current issues in the sporting world</li> </ul>  |  |  |