

Subject: GCSE Physical Education

Year 11

<u>Autumn HT 1 – Effects of Exercise on body systems</u>	<u>Autumn HT 1/2- Sports Psychology</u>	<u>Autumn HT 2/ Spring HT1 - Engagement Patterns of different social groups in physical activities and sport</u>	<u>Spring HT 2 – Ethical and Socio-cultural in physical activity and sport & Health, Fitness and Well-being</u>		
<ul style="list-style-type: none"> • Short-term effects of exercise on muscle temperature, heart rate, stroke volume, cardiac output, respiratory rate, tidal volume, minute ventilation, lactic acid production, • Long term effects of exercise on; Bone density, hypertrophy of muscle, muscular strength, fatigue, hypertrophy of the heart, resting heart rate, stroke volume, cardiac output, recovery rate, aerobic capacity, respiratory muscles, tidal volume, capillarisation • Collecting and using data relating to long-term effects of exercise 	<ul style="list-style-type: none"> • Characteristics of skilful movement <ul style="list-style-type: none"> - Efficiency - Fluency - Pre-determined - Co-ordinated - Aesthetic <u>COURSEWORK PIECE</u> • Continua used in the classification of skills, including: <ul style="list-style-type: none"> - simple to complex skills (difficulty continuum) - open to closed skills (environmental continuum). • be able to apply practical examples of skills for each continuum along with justification of their placement on both continua. <u>COURSEWORK PIECE</u> • Goalsetting: <ul style="list-style-type: none"> - for exercise/training adherence - to motivate performers - to improve and/or optimise performance • The SMART principle of goal setting with practical 	<ul style="list-style-type: none"> • Current trends in participation in physical activity and sport: <ul style="list-style-type: none"> - using different sources (such as Sport England, National Governing Bodies (NGBs) and Department of Culture, Media and Sport (DCMS)) - of different social groups - in different physical activities and sports. • Different factors can affect participation, including: <ul style="list-style-type: none"> - age - gender - ethnicity - religion/culture - family - education - time/work commitments - cost/disposable income - disability - opportunity/access - discrimination - environment/climate - media coverage - role models 	<ul style="list-style-type: none"> • Health, fitness and well-being The different health benefits of physical activity and consequences of a sedentary lifestyle: <ul style="list-style-type: none"> - physical: <ul style="list-style-type: none"> - injury - coronary heart disease (CHD) - blood pressure - bone density - obesity - Type 2 diabetes - posture - fitness. - emotional: <ul style="list-style-type: none"> - self-esteem/confidence - stress management - image - social: <ul style="list-style-type: none"> - friendship - belonging to a group - loneliness • Responding to data about health, fitness and well being 		

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	<p>examples (Specific, Measurable, Achievable, Recorded, Timed).</p> <ul style="list-style-type: none"> • Applying the SMART principle to improve and/or optimise performance. <p><u>COURSEWORK PIECE</u></p> <ul style="list-style-type: none"> • Mental preparation techniques and be able to apply practical examples to their use: <ul style="list-style-type: none"> - imagery - mental rehearsal - selective attention - positive thinking • Types of guidance, their advantages and disadvantages, and be able to apply practical examples to their use: <ul style="list-style-type: none"> - Visual - Verbal - Manual - Mechanical • Types of feedback and be able to apply practical examples to their use: <ul style="list-style-type: none"> - intrinsic - extrinsic - knowledge of performance - knowledge of results - positive - negative 	<ul style="list-style-type: none"> • Strategies which can be used to improve participation: <ul style="list-style-type: none"> - promotion - provision - access <p><u>Commercialisation of physical activity and sport</u></p> <ul style="list-style-type: none"> • The influence of the media on the commercialisation of physical activity and sport: <ul style="list-style-type: none"> - different types of media <ul style="list-style-type: none"> o social o internet o TV/visual o newspapers/magazines • Commercialisation, including sport, sponsorship and the media (the golden triangle): <ul style="list-style-type: none"> - positive and negative effects of the media on commercialisation - be able to apply practical examples to these issues. <p>The influence of sponsorship on the commercialisation of physical activity and sport:</p> <ul style="list-style-type: none"> - positive and negative effects of sponsorship on commercialisation - be able to apply practical examples to the issue of sponsorship 		
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