

Subject: GCSE PE

Year: 11

<u>Autumn HT 1 – Effects of Exercise on body systems</u>	<u>Autumn HT 2 - Engagement Patterns of different social groups in physical activities and sport</u>	<u>Spring HT 1- Spring HT 2– Sports Psychology</u>	<u>Spring HT 2 – Ethical and Socio- cultural in physical activity and sport & Health, Fitness and Well-being</u>	<u>Summer HT 1</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	<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	<ul style="list-style-type: none">• Characteristics of skilful movement<ul style="list-style-type: none">- Efficiency- Fluency- Pre-determined- Co-ordinated- Aesthetic <p><u>COURSEWORK PIECE</u></p> <ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• health, fitness and well-being <p>The different health benefits of physical activity and consequences of a sedentary lifestyle:</p> <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	<p><u>N/A</u></p>

<p>the heart, resting heart rate, stroke volume, cardiac output, recovery rate, aerobic capacity, respiratory muscles, tidal volume, capillarisation</p> <ul style="list-style-type: none"> Collecting and using data relating to long-term effects of exercise 	<ul style="list-style-type: none"> - opportunity/access - discrimination - environment/climate - media coverage - role models 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>placement on both continua.</p> <p><u>COURSEWORK PIECE</u></p> <ul style="list-style-type: none"> 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 examples (Specific, Measurable, Achievable, Recorded, Timed). <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 	<ul style="list-style-type: none"> - belonging to a group - loneliness Responding to data about health, fitness and well being 	
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	<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 <ul style="list-style-type: none"> • Ethics in Sport <ul style="list-style-type: none"> - The Value of Sportsmanship - The reasons for gamesmanship and deviance • The reasons why sports performers use drugs • The types of drugs and their effect on performance: <ul style="list-style-type: none"> - anabolic steroids - beta blockers - stimulants • The impact of drug use in sport: <ul style="list-style-type: none"> - on performers - on sport itself • The reason for player violence in sport 	<ul style="list-style-type: none"> • 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 <p>Types of feedback and be able to apply practical examples to their use:</p> <ul style="list-style-type: none"> - intrinsic - extrinsic - knowledge of performance - knowledge of results - positive - negative 		
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