



## GCSE PE - Curriculum Map Overview Year 11

<b>Y11</b>	<b>Half term 1</b>	<b>Half term 2</b>	<b>Half term 3</b>	<b>Half term 4</b>	<b>Half term 5</b>	<b>Half term 6</b>
<b>Topic</b>	Sports Psychology	Sports Psychology	Socio-Cultural Influences	Health, Fitness and Well being	Practical Moderation	Revision/ End of course Exam
<b>Key terms</b>	Feedback Guidance Arousal Inverted U theory Stress Management Aggression Personality	Intrinsic and extrinsic motivation. Skill & ability. Types of goals. SMART targets. Basic information processing.	Promotion of sport. Sponsorship & advertising, Commercialisation. Media Hooliganism Spectator behaviour Performance Enhancing drugs (PEDs)	Obesity Somatotypes Endomorph Ectomorph Mesomorph Balanced Diet Dehydration	3 sports coming from both team and individual categories. Worth 40% combined with NEA controlled assessment.	1.5hr x 2 exams worth 60%
<b>Assessment</b>	Practical & internal exam	Practical & internal exam	Practical & internal exam	Practical & internal exam	External moderation	External Exam