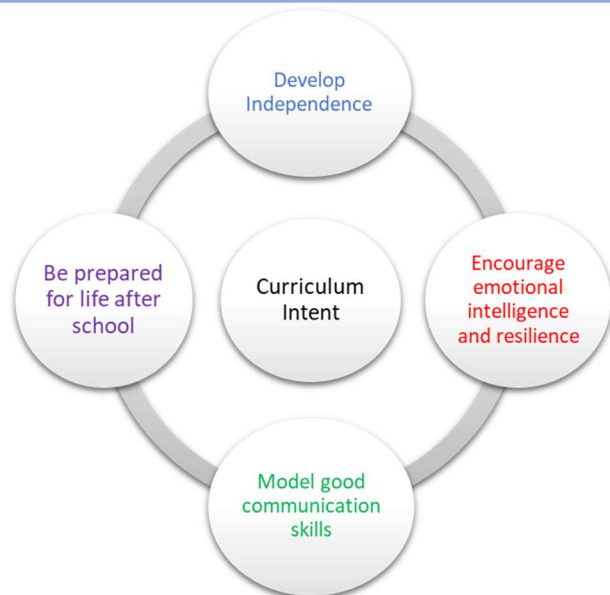


KS4 – GCSE Physical Education- Long Term Plan



School Pedagogy:

Penkford School has a child centred pedagogy. The school adopts an inclusive, transformative pedagogy as we believe that a child's 'capacity to learn can change and be changed for the better as a result of what happens and what people do in the present' (*Hart et al. 2004, P166*). Learning is about shared communication between staff and pupils. Implementation of our curriculum intent is underpinned by Rosenshine's 10 Principles of Instruction (*Rosenshine, 2012*). All learning sessions include the following elements; reference to curriculum intent, recap of knowledge and skills, assessment for learning and pupil voice.

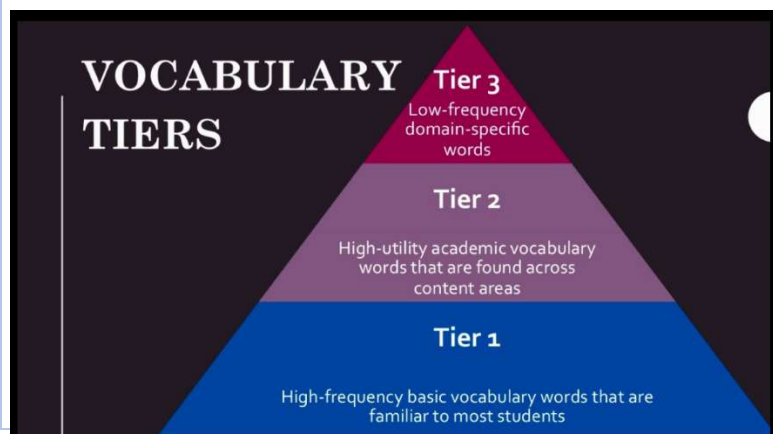
Subject Specific Pedagogy:

Subject Intent:

GCSE (9–1) study in Physical Education should be broad, coherent and practical, encourage learners to be inspired, motivated and challenged by the subject and enable them to make informed decisions about further learning opportunities and career pathways.

GCSE (9–1) specifications in Physical Education will equip learners with the knowledge, understanding, skills and values to develop and maintain their performance in physical activities and understand the benefits to health, fitness and well-being. This will require them to:

- develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance
- understand how the physiological and psychological state affects performance in physical activity and sport
- perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/ or compositional ideas
- develop their ability to analyse and evaluate to improve performance in physical activity and sport
- 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.



During year 1 pupils will complete **2c.1. Content of Physical factors affecting performance (J587/01)** consisting of **1.1 Applied anatomy and physiology** and **1.2 Physical training**

Also throughout year 1 pupils will be taking part in practical sessions related to **'Practical Performances' (J587/04)**. Pupils will be developing their skills and knowledge in various physical activities in order to prepare for being assessed in one individual event, one team event and a third event that can be individual or team activity.

KS4 GCSE PE LTP Year 1	Topic/Learning Pathway	Key Vocabulary	Links to previous learning (Component Skills)	Links to wider curriculum
Autumn 1	<p>1.1a) The structure and function of the skeletal system: Learners will be able to name and locate the major bones of the body and be able to apply examples of how the skeletal system allows the functions such as posture and protection.</p> <p>Learners will be able to identify major joints along with the associated articulating bones in the knee, elbow, shoulder and hip. Knowledge will be developed of the types of movement at hinge joints and ball and socket joints, as well as being able to apply these movements to examples from physical activities and sports.</p> <p>Pupils will take part in practical sessions on football and basketball focussing on sport specific skills as well of tactic related to invasion games.</p>	<p>Tier 1 Bones, shape, protection</p> <p>Tier 2 Function, posture, production, hinge</p> <p>Tier 3 Articulating, cranium, ball and socket, saddle joint</p>	<p>Pupils will have previously covered skeletal system related work in KS2 and KS3 science</p>	<p>Biology – The Human Body</p>
Autumn 2	<p>1.1a) The structure and function of the skeletal system: (CONTINUED) Learners will be able to name and locate the major bones of the body and be able to apply examples of how the skeletal system allows the functions such as posture and protection.</p> <p>Learners will be able to identify major joints along with the associated articulating bones in the knee, elbow, shoulder and hip. Knowledge will be developed of the types of movement at hinge joints and ball and socket joints, as well as being able to apply these movements to examples from physical activities and sports.</p>	<p>Tier 1 Bones, shape, protection</p> <p>Tier 2 Function, posture, production, hinge, ligament</p> <p>Tier 3 Articulating, cranium, ball and socket, saddle joint</p>	<p>Pupils will have briefly covered some muscle names and names of types of movement during practical KS3 PE lessons.</p>	<p>Biology – The Human Body</p>

During year 1 pupils will complete **2c.1. Content of Physical factors affecting performance (J587/01)** consisting of **1.1 Applied anatomy and physiology** and **1.2 Physical training**

Also throughout year 1 pupils will be taking part in practical sessions related to ‘**Practical Performances’ (J587/04)**. Pupils will be developing their skills and knowledge in various physical activities in order to prepare for being assessed in one individual event, one team event and a third event that can be individual or team activity.

KS4 GCSE PE LTP Year 1	Topic/Learning Pathway	Key Vocabulary	Links to previous learning (Component Skills)	Links to wider curriculum
	<p>1.1.b. The structure and function of the muscular system: Learners will develop their knowledge of the location of the major muscle groups and be able to apply muscle use to examples from physical activities and sport. Learners will also develop their knowledge of the roles of muscles as agonists, antagonists, fixators and also how they operate as antagonistic pairs, again by applying to examples from physical activities and sports.</p> <p>Pupils will take part in practical session on football and basketball</p>	<p>Tier 1 Muscle, strength, movement, heat, Tier 2 Bicep, tricep, pectoral, tendon Tier 3 Fixator, antagonist, agonist, antagonistic pair</p>		
Spring 1	<p>1.1.b. The structure and function of the muscular system: (CONTINUED) Learners will develop their knowledge of the location of the major muscle groups and be able to apply muscle use to examples from physical activities and sport. Learners will also develop their knowledge of the roles of muscles as agonists, antagonists, fixators and also how they operate as antagonistic pairs, again by applying to examples from physical activities and sports.</p> <p>Pupils will take part in practical sessions on Badminton and Boxing</p>	<p>Tier 1 Muscle, strength, Tier 2 Bicep, tricep, pectoral, tendon Tier 3 Fixator, antagonist, agonist, antagonistic pair</p>	N/A	Biology – The Human Body
Spring 2	<p>1.1c) Movement Analysis: Learners will develop their knowledge of the three classes of lever and will be able to use examples from physical activities and sport to show where these levers might operate to produce movement. Learners will become aware of the mechanical</p>	<p>Tier 1 Lever, movement, Tier 2 Mechanical advantage,</p>		Physics - Levers

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KS4 GCSE PE LTP Year 1	Topic/Learning Pathway	Key Vocabulary	Links to previous learning (Component Skills)	Links to wider curriculum
	<p>advantage provided by levers in movement. Learners will know the three planes of movement and be able to give examples of these levers from different physical activities and sports. Frontal, transverse and longitudinal axes of rotation will be recognised by learners who will be able to apply these to examples from physical activities and sports.</p> <p>Pupils will take part in practical sessions in tchoukball, volleyball and health related fitness and swimming where they will focus on the fundamental skills required as well as the tactical aspects and the rules of each sport.</p>	<p>Tier 3 Plane, Transverse, frontal, saggital, axix, longitudinal,</p>		
Summer 1	<p>1.1.d. The cardiovascular and respiratory systems: Learners will develop their knowledge and understanding of the structure and function of the cardiovascular system. Blood vessels and blood cells with their pathway through the heart will be understood along with definitions of key cardiac terms. Learners will understand the pathway of air through the respiratory system and know the role of the respiratory muscles and alveoli during breathing, along with an understanding of key definitions.</p> <p>Learners will also be able to define aerobic and anaerobic exercise and be able to give practical examples of aerobic and anaerobic activities.</p> <p>Through practical lessons;</p>	<p>Tier 1 Lungs, heart, blood, oxygen, carbon dioxide</p> <p>Tier 2 Arteries, capillaries,</p> <p>Tier 3 Alvioli, bronchi, bronchioles, gaseous exchange</p>	<p>Pupils will have previously covered related work on the cardiovascular and respiratory system in science lessons</p>	<p>Biology – The Human Body</p>

During year 1 pupils will complete **2c.1. Content of Physical factors affecting performance (J587/01)** consisting of **1.1 Applied anatomy and physiology** and **1.2 Physical training**

Also throughout year 1 pupils will be taking part in practical sessions related to ‘**Practical Performances’ (J587/04)**. Pupils will be developing their skills and knowledge in various physical activities in order to prepare for being assessed in one individual event, one team event and a third event that can be individual or team activity.

KS4 GCSE PE LTP Year 1	Topic/Learning Pathway	Key Vocabulary	Links to previous learning (Component Skills)	Links to wider curriculum
	<p>1.2 Physical Training: Learners will develop their knowledge and understanding of the components of fitness required for physical activities and sports and how each can be measured. Learners will also be able to apply their knowledge of training principles to personal exercise/training programmes to improve fitness, along with the knowledge of how to optimise training and helping to prevent injury.</p> <p>1.2a) Components of Fitness: Learners will develop their knowledge and understanding of the components of fitness, including cardiovascular endurance, muscular endurance, speed, strength, flexibility and agility. Learners will be able to define each component and be able to apply using a range of practical examples from physical activities and sports. Learners will also develop their knowledge of suitable tests for each component. Learners will be able to collect and use data related to the identified components of fitness.</p>	<p>Tier 1 Speed, power, strength, flexibility Tier 2 Muscular endurance, agility, component of fitness Tier 3</p>	<p>Pupils will have previously learned about components of fitness and some related testing, training methods through their KS3 PE lessons.</p>	
<p>Summer 2</p>	<p>1.1.e. Effects of exercise on body systems: Learners will develop their knowledge and understanding of the short and long-term effects of exercise on muscles and bones, the heart and the respiratory system. They will be able to apply understanding of these effects to examples from a range of physical activities and sports. Learners will be able to collect and use data in this section related to both short-term and long-term effects of exercise.</p>	<p>Tier 1 Tier 2 Tier 3</p>	<p>Pupils may have some basic knowledge of principles of training through previous KS3 PE lessons</p>	

During year 1 pupils will complete **2c.1. Content of Physical factors affecting performance (J587/01)** consisting of **1.1 Applied anatomy and physiology** and **1.2 Physical training**

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KS4 GCSE PE LTP Year 1	Topic/Learning Pathway	Key Vocabulary	Links to previous learning (Component Skills)	Links to wider curriculum
	<p>Through Practical Lessons.</p> <p>1.2.b. Applying the principles of training: Learners will develop their knowledge and understanding of the principles of training. They will be able to define each principle and be able to apply each to personal exercise/ training programmes. Learners will develop their knowledge and understanding of how to optimise training using the FITT principle and different types of training.</p> <p>Learners will develop their knowledge and understanding of the key components and physical benefits of the warm up and cool down applied to physical activities and sports.</p>		N/A	

During their second year, pupils will complete three units of work; **2c.2. Content of Socio-cultural issues and sports psychology (J587/02), 2d. Content for non-exam assessment: Practical Performances (J587/04) and 2e. Content for non-exam assessment: Analysing and Evaluating Performance (J587/05)**

In Component 02, *Socio-cultural issues and sports psychology*, learners will develop their knowledge of socio-cultural influences that impact on participation and performance in physical activities and sports. Learners will also develop their knowledge and understanding of how sport impacts on society. Engagement patterns of different social groups will be understood by learners, along with strategies to promote participation with practical examples. The commercialisation of physical activities and sports will be understood, including the influences of sponsorship and the media. Learners will also develop their knowledge and understanding of ethical and socio-cultural issues in physical activities and sports.

Learners will develop their knowledge and understanding of sports psychology theories related to acquiring movement skills and optimising performance. Learners will be able to reflect on their own learning and performance of physical activities and sports skills to recognise the key psychological concepts affecting performance. Learners will develop their knowledge and understanding of the benefits of participating in physical activities and sports to their health, fitness and well-being. The physical, emotional and social aspects will be understood as well as the consequences of a sedentary lifestyle. Learners will also develop their knowledge and understanding of energy use along with diet, nutrition and hydration

KS4 GCSE PE LTP Year 2	Topic/Learning Pathway	Key Vocabulary	Links to previous learning (Component Skills)	Links to wider curriculum
Autumn 1	<p>1.2.c. Preventing injury in physical activity and training: Learners will develop their knowledge and understanding of how to prevent injury when participating in physical activities and sport. The potential hazards will be known in a range of physical activities and sports settings. Learners will know how risks can be minimised by using appropriate equipment, clothing, correct lifting techniques, using warm-up and cool down and an appropriate level of competition.</p> <p>Pupils will take part in practical sessions on tennis, archery and cricket where they will focus on the</p>	<p>Tier 1</p> <p>Tier 2</p> <p>Tier 3</p>		

During their second year, pupils will complete three units of work; **2c.2. Content of Socio-cultural issues and sports psychology (J587/02)**, **2d. Content for non-exam assessment: Practical Performances (J587/04)** and **2e. Content for non-exam assessment: Analysing and Evaluating Performance (J587/05)**

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Learners will develop their knowledge and understanding of sports psychology theories related to acquiring movement skills and optimising performance. Learners will be able to reflect on their own learning and performance of physical activities and sports skills to recognise the key psychological concepts affecting performance. Learners will develop their knowledge and understanding of the benefits of participating in physical activities and sports to their health, fitness and well-being. The physical, emotional and social aspects will be understood as well as the consequences of a sedentary lifestyle. Learners will also develop their knowledge and understanding of energy use along with diet, nutrition and hydration

KS4 GCSE PE LTP Year 2	Topic/Learning Pathway	Key Vocabulary	Links to previous learning (Component Skills)	Links to wider curriculum
	<p>fundamental skills required as well as the tactical aspects and the rules of each sport.</p> <p>2.1 Socio-cultural influences <i>Physical activities and sports play an integral part of society in the UK. In this topic, learners will develop their knowledge and understanding of the factors that continue to impact on physical activities and sports in the UK today. Learners will be introduced to engagement patterns of different social groups in physical activities and sports. Learners will develop their understanding of the influences of commercialism and the media on physical activities and sports.</i> <i>The ethical and socio-cultural issues in physical activities and sports will enable learners to develop their understanding of sportsmanship, gamesmanship and deviance in sport along with</i></p>		<p>N/A</p> <p>N/A</p>	

During their second year, pupils will complete three units of work; **2c.2. Content of Socio-cultural issues and sports psychology (J587/02)**, **2d. Content for non-exam assessment: Practical Performances (J587/04)** and **2e. Content for non-exam assessment: Analysing and Evaluating Performance (J587/05)**

In Component 02, *Socio-cultural issues and sports psychology*, learners will develop their knowledge of socio-cultural influences that impact on participation and performance in physical activities and sports. Learners will also develop their knowledge and understanding of how sport impacts on society. Engagement patterns of different social groups will be understood by learners, along with strategies to promote participation with practical examples. The commercialisation of physical activities and sports will be understood, including the influences of sponsorship and the media. Learners will also develop their knowledge and understanding of ethical and socio-cultural issues in physical activities and sports.

Learners will develop their knowledge and understanding of sports psychology theories related to acquiring movement skills and optimising performance. Learners will be able to reflect on their own learning and performance of physical activities and sports skills to recognise the key psychological concepts affecting performance. Learners will develop their knowledge and understanding of the benefits of participating in physical activities and sports to their health, fitness and well-being. The physical, emotional and social aspects will be understood as well as the consequences of a sedentary lifestyle. Learners will also develop their knowledge and understanding of energy use along with diet, nutrition and hydration

KS4 GCSE PE LTP Year 2	Topic/Learning Pathway	Key Vocabulary	Links to previous learning (Component Skills)	Links to wider curriculum
	<p><i>being able to apply theories to practical examples from physical activities and sports.</i></p> <p>2.1.a. Engagement patterns of different social groups in physical activities and sports Learners will develop their knowledge and understanding of current participation trends using a range of valid and respected sources. The factors affecting participation for a range of different groups in society will be understood, along with strategies to promote participation, using practical examples from physical activities and sports.</p> <p>2.1.b. Commercialisation of physical activity and sport Learners will develop their knowledge and understanding of the commercialisation of physical activity and sport including sponsorship, along with the influences of the media with examples showing the positive and negative effects on</p>			

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In Component 02, *Socio-cultural issues and sports psychology*, learners will develop their knowledge of socio-cultural influences that impact on participation and performance in physical activities and sports. Learners will also develop their knowledge and understanding of how sport impacts on society. Engagement patterns of different social groups will be understood by learners, along with strategies to promote participation with practical examples. The commercialisation of physical activities and sports will be understood, including the influences of sponsorship and the media. Learners will also develop their knowledge and understanding of ethical and socio-cultural issues in physical activities and sports.

Learners will develop their knowledge and understanding of sports psychology theories related to acquiring movement skills and optimising performance. Learners will be able to reflect on their own learning and performance of physical activities and sports skills to recognise the key psychological concepts affecting performance. Learners will develop their knowledge and understanding of the benefits of participating in physical activities and sports to their health, fitness and well-being. The physical, emotional and social aspects will be understood as well as the consequences of a sedentary lifestyle. Learners will also develop their knowledge and understanding of energy use along with diet, nutrition and hydration

KS4 GCSE PE LTP Year 2	Topic/Learning Pathway	Key Vocabulary	Links to previous learning (Component Skills)	Links to wider curriculum
	participation and performance in physical activities and sports.			
Autumn 2	<p>2e. Content for non-exam assessment: Analysing and Evaluating Performance (J587/05)</p> <p>In Component 05, <i>Analysing and Evaluating Performance</i>, learners are internally assessed through the NEA in one performance analysis task. They are required to demonstrate their ability to analyse and evaluate their own practical performance or that of a peer in order to:</p> <ul style="list-style-type: none"> • analyse aspects of personal performance in a practical activity • evaluate the strengths and weaknesses of the performance • produce an action plan which aims to improve the quality and effectiveness of the performance. 	Tier 1 Tier 2 Tier 3	N/A N/A	

During their second year, pupils will complete three units of work; **2c.2. Content of Socio-cultural issues and sports psychology (J587/02)**, **2d. Content for non-exam assessment: Practical Performances (J587/04)** and **2e. Content for non-exam assessment: Analysing and Evaluating Performance (J587/05)**

In Component 02, *Socio-cultural issues and sports psychology*, learners will develop their knowledge of socio-cultural influences that impact on participation and performance in physical activities and sports. Learners will also develop their knowledge and understanding of how sport impacts on society. Engagement patterns of different social groups will be understood by learners, along with strategies to promote participation with practical examples. The commercialisation of physical activities and sports will be understood, including the influences of sponsorship and the media. Learners will also develop their knowledge and understanding of ethical and socio-cultural issues in physical activities and sports.

Learners will develop their knowledge and understanding of sports psychology theories related to acquiring movement skills and optimising performance. Learners will be able to reflect on their own learning and performance of physical activities and sports skills to recognise the key psychological concepts affecting performance. Learners will develop their knowledge and understanding of the benefits of participating in physical activities and sports to their health, fitness and well-being. The physical, emotional and social aspects will be understood as well as the consequences of a sedentary lifestyle. Learners will also develop their knowledge and understanding of energy use along with diet, nutrition and hydration

KS4 GCSE PE LTP Year 2	Topic/Learning Pathway	Key Vocabulary	Links to previous learning (Component Skills)	Links to wider curriculum
	<p>Teachers must refer to and follow the ‘OCR GCSE (9–1) Guide to NEA in Physical Education’ for further detail on this area of assessment.</p> <p>This component is internally marked using the assessment criteria found in section 2c.2. of the ‘OCR GCSE (9–1) Guide to NEA in Physical Education’.</p>			
Spring 1	<p>2.1.c. Ethical and socio-cultural issues in physical activity and sport</p> <p>Learners will develop their knowledge and understanding of ethics in sport including definitions of the key terms of sportsmanship, gamesmanship and deviance. The effects of drugs in sport and the reasons why sports performers use</p>	<p>Tier 1</p> <p>Tier 2</p> <p>Tier 3</p>		

During their second year, pupils will complete three units of work; **2c.2. Content of Socio-cultural issues and sports psychology (J587/02), 2d. Content for non-exam assessment: Practical Performances (J587/04) and 2e. Content for non-exam assessment: Analysing and Evaluating Performance (J587/05)**

In Component 02, *Socio-cultural issues and sports psychology*, learners will develop their knowledge of socio-cultural influences that impact on participation and performance in physical activities and sports. Learners will also develop their knowledge and understanding of how sport impacts on society. Engagement patterns of different social groups will be understood by learners, along with strategies to promote participation with practical examples. The commercialisation of physical activities and sports will be understood, including the influences of sponsorship and the media. Learners will also develop their knowledge and understanding of ethical and socio-cultural issues in physical activities and sports.

Learners will develop their knowledge and understanding of sports psychology theories related to acquiring movement skills and optimising performance. Learners will be able to reflect on their own learning and performance of physical activities and sports skills to recognise the key psychological concepts affecting performance. Learners will develop their knowledge and understanding of the benefits of participating in physical activities and sports to their health, fitness and well-being. The physical, emotional and social aspects will be understood as well as the consequences of a sedentary lifestyle. Learners will also develop their knowledge and understanding of energy use along with diet, nutrition and hydration

KS4 GCSE PE LTP Year 2	Topic/Learning Pathway	Key Vocabulary	Links to previous learning (Component Skills)	Links to wider curriculum
	<p>drugs will be understood along with reasons for player violence with practical examples in physical activities and sports.</p> <p>2.2 Sports psychology <i>Learners will develop their knowledge and understanding of the psychological factors that can affect performers. They will also develop their knowledge and understanding of how movement skills are learned and performed in physical activities and sports. The characteristics and classification of skilful movement will be understood, along with the role of goal setting and mental preparation to improve performance in physical activities and sports. Learners will develop their knowledge and understanding of guidance and feedback that affects the learning and performance of movement skills.</i></p>			

During their second year, pupils will complete three units of work; **2c.2. Content of Socio-cultural issues and sports psychology (J587/02), 2d. Content for non-exam assessment: Practical Performances (J587/04) and 2e. Content for non-exam assessment: Analysing and Evaluating Performance (J587/05)**

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Learners will develop their knowledge and understanding of sports psychology theories related to acquiring movement skills and optimising performance. Learners will be able to reflect on their own learning and performance of physical activities and sports skills to recognise the key psychological concepts affecting performance. Learners will develop their knowledge and understanding of the benefits of participating in physical activities and sports to their health, fitness and well-being. The physical, emotional and social aspects will be understood as well as the consequences of a sedentary lifestyle. Learners will also develop their knowledge and understanding of energy use along with diet, nutrition and hydration

KS4 GCSE PE LTP Year 2	Topic/Learning Pathway	Key Vocabulary	Links to previous learning (Component Skills)	Links to wider curriculum
	<i>Learners will be able to identify key terms and describe psychological concepts, using practical examples from their own performances. Learners will show that they can explain and evaluate sports psychology theories and principles</i>			
Spring 2	<p>2.3 Health, fitness and well-being Learners will develop their knowledge and understanding of the benefits of participating in physical activities and sport to health, fitness and well-being as well as having a clear definition of health and fitness. Learners will know about the physical, emotional and social benefits as well as the consequences of a sedentary lifestyle. Learners will develop their knowledge and understanding of diet and nutrition. Learners will understand the main components of a balanced diet, including the effects of these components</p>	Tier 1 Tier 2 Tier 3		

During their second year, pupils will complete three units of work; **2c.2. Content of Socio-cultural issues and sports psychology (J587/02), 2d. Content for non-exam assessment: Practical Performances (J587/04) and 2e. Content for non-exam assessment: Analysing and Evaluating Performance (J587/05)**

In Component 02, *Socio-cultural issues and sports psychology*, learners will develop their knowledge of socio-cultural influences that impact on participation and performance in physical activities and sports. Learners will also develop their knowledge and understanding of how sport impacts on society. Engagement patterns of different social groups will be understood by learners, along with strategies to promote participation with practical examples. The commercialisation of physical activities and sports will be understood, including the influences of sponsorship and the media. Learners will also develop their knowledge and understanding of ethical and socio-cultural issues in physical activities and sports.

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KS4 GCSE PE LTP Year 2	Topic/Learning Pathway	Key Vocabulary	Links to previous learning (Component Skills)	Links to wider curriculum
	and hydration on performers using a range of examples from physical activities and sports.			
Summer 1	Revision of all topics covered during year 1 and year 2	Tier 1 Tier 2 Tier 3		
Summer 2	Exam preparation including further revision and mock exams.	Tier 1 Tier 2 Tier 3		