ICKNIELD HIGH SCHOOL **KEY STAGE 4 CURRICULUM MAP**

'Raising the Achievement of All'

WELL-SEQUENCED **CONTEXUALISED/INCLUSIVE** **AMBITIOUS**

SUBJECT: GCSE Physical Education **Year: 11**

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Key Questions	What is the definition of SMART Targets? What method of training is best suited to improve 'X' fitness component? What fitness components are you targeting to improve and why?	What worked well in the training programme you designed? What would you change in the future if you were to do the training programme again? What improvements did you see in your fitness? What impact would the improvements on your fitness making to your sporting performance?	What is the importance of goal setting as a performer? Can you describe how a 100m sprinter would use mental preparation before a big race?	Can you explain the difference between extrinsic and intrinsic motivation? What is an open skill and can you provide a sporting example? What is a closed skill and can you provide a sporting example?	Recap Q and A from previous topics	Recap Q and A from previous topics
Content: 'Know what'	**Performance Analysis and Evaluation** **Topic Areas:** - Planning of training programme - 8 week completion of training programme	**Performance Analysis and Evaluation** **Topic Areas:** - 8 week completion of training programme - Evaluation of training programme	**Psychology of Sport and Physical Activity** **Topic Areas:** - Goal setting - Information processing - Guidance - Mental preparation	**Psychology of Sport and Physical Activity** **Topic Areas:** - Motivation - Characteristics of a skilled performer - Classification of skills - Types of practice	**Revision and recap in preparation for exam**	**Revision and recap in preparation for exam**
Expertise: 'Know how'	- Knowledge and understanding of how to set an effective SMART target for a training programme - Undertaking and completing an 8 week	- Undertaking and completing an 8 week programme which has designed by yourself - Understanding of how to evaluate the effectiveness of	- Know and can set SMART targets - Understand extrinsic and intrinsic motivation	- Understand the different types of practice and guidance - Be able to identify the characteristics of a skilled performer and how they	-	-

	programme which has designed by yourself	the programme that was completing - Being able to identify strengths and weakness of the programme		may look different from an unskilled performer		
Literacy/ Numeracy/ SMSC/	**Literacy:** - SMART Target - Methods of training - Principles of Training - Fitness tests **Numeracy:** Recording data from training programme. - Resting and working heart rate - Breathing rate - Fitness test scores	**Literacy:** - Data analysis - Evaluation - Quantitative data - Qualitative data **Numeracy:** Recording data from training programme. - Resting and working heart rate - Breathing rate - Fitness test scores	**Literacy:** - Adherence - Anxiety - Arousal - Manual guidance - Input - Output - Self-paced skill - Goal setting - Mechanical guidance - Short term memory - SMART Target - Verbal and visual guidance	**Literacy:** - Associative stage of learning - Autonomous stage of learning - Basic skill - Closed skill - Cognitive stage of learning - Complex skill - Externally paced skill - Feedback - Long term memory - Open skill	**Literacy:** - Revisit key words from previously learnt topics	**Literacy:** - Revisit key words from previously learnt topics
Disciplinary Literacy	- Opportunities for extended reading - Key Tier 2 and Tier 3 words identified and defined - Open/closed questioning - Opportunities for extended writing - Oracy skills developed through class discussions - Writing answers to exam questions					
Careers	Within the final topic studied Career pathways will be highlighted to students and discussed in class. Psychology of sport and physical activity –life coach, psychologist, nutritionist, sport analysis Further education: Class discussion about courses available at local sixth forms and colleges. This will also be available through sharepoint. Work experience: Opportunities will be given to selected students to take part in the leadership academy. This involves volunteering to help run sporting events for primary school students.					