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| GCSE Physical Education |  |
| **Enquiry Question: Do you believe in mind over matter?**  |
| **Unit title: Sports Psychology*****Why now?*** Students will learn the foundations of sports psychology and be exposed to factors that can affect our mind when playing sport. This is the first chapter of the 2nd theory paper for the AQA course and the topics within it are topics that students will be familiar with. It draws on their experience of sport that they have played and the times in which they may have felt stressed or anxious when playing/competing. Students identify different skills and how these skills are affected in different ways depending on the environment, setting and mood of the individual. Students also learn how to goal set and how this technique can motivate an individual to do something.  |
| **Knowledge**Students will know about… | **Application/Skills**Students will be able to… | Vocabulary*(Tier 2 and 3)* | Home Learning | Assessment | Extra ResourcesExtended Reading | Cultural Capital |
| * Skill and ability and how to classify them.
* Define different types of goals
* SMART targets
* The information processing model
* Guidance and Feedback
* Arousal and the links to the inverted U theory
* Direct and indirect aggression
* Personality types
* Intrinsic and Extrinsic motivation
 | * Label diagrams correctly
* Define key terms
* Draw diagrams correctly.
* Answer short answer questions
* Use the 9-mark template to answer long answer questions
* Demonstrate and model movements of the body
* Understand and know key equations.
 | SkillAbilityBasicComplexSelf-pacedExternally-pacedOpen ClosedInverted UArousalAggressionIntrovertExtrovertDeep breathingImageryInputOutputDecision makingFeedback  | Use of Google Classroom and blended learning. PiXL: <https://www.pixl.org.uk/> Seneca: <https://senecalearning.com/en-GB/> Afterschool revision lessons at Langdon Park.Milk: <https://my.milkapp.io/>  | Question/AnswerSelf- assessmentPeer assessmentExaminationsBook reviews and markingAssignments |  QR Code – Linked to the AQA Specification<https://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582> Revise AQA GCSE (9-1) Revision GuideAQA GCSE (9-1) PE (Aqa for Gcse) | The Gym and other sporting facilities are used to help students design and carry out fitness testing and programmes.YouTube clips are watched alongside other video clips to enhance understanding of topics. <https://nathanwalkerphysed.com/pe-geeks-corner/>  |