



Curriculum Overview – Year 11 GCSE Physical Education

| Unit Title | Learning | How can parents best support? |
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| Half term 1 – Sport psychology: goal setting, mental preparation, guidance and feedback (recap) | Understand and be able to apply examples of the use of goal setting. Understand the SMART principle of goal setting. Know mental preparation techniques and be able to apply practical examples to their use. Understand types of guidance, their advantages and disadvantages, and be able to apply practical examples to their use. Understand types of feedback and be able to apply practical examples to their use | Ensure your child brings weather appropriate PE kit to each of their practical lessons. Encourage your child to attend a range of extra-curricular clubs to improve their practical performance. Encourage your child to read about activities they are unfamiliar with to enhance their knowledge and understanding. |
| Prevention of injury in physical activity (recap) | Understand how the risk of injury in physical activity and sport can be minimised and be able to apply examples. | Follow our department twitter account for regular updates @TSA_pedept |
| Movement analysis | Know the location of the planes of movement in the body and their application to physical activity and sport. Know the location of the axes of rotation in the body and their application to physical activity and sport. | OCR website and support materials - https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/ |

