Unlocking Potential Learning Journey | Physical Education (GCSE) Fareham **Creating Opportunity** Post 16 Principles and Use of guidance Memory Efficiency of Emergence of The impact of sport Diet and nutrition Preparation and Injury prevention Biomechanical Sport Skill, skill Impact of skill Factors affecting Sport and training methods in relation to maintaining society and the role of technology in classification or information globalisation of sport on society and of and their effect on processing in the 21st century society on sport physical activity and and the transfer of skills structure of practice physical physical activity Energy use, diet nutrition and hydration Ethical and socio-cultural issues in physical activity and sport Health, Fitness and Wellbeing (Paper 2) Socio-cultural Activity (Paper Physical, emotional, and social physical activity and sport uences in **19** R. The use of goal setting and Engagement patterns of Basic information SMART targets to improve ork, evaluate Coursework, Planning Planes and Axes of a different social groups in physical activity and movements in sporting processing and/or optimise performance a training session a training session movement examples sport Mechanical advantages of levers Year Sports Psychology Analysis and Evaluation Movement Analysis (Paper 1) (Paper 2) (Coursework) Different types of ever within the body Mental preparati for performance Guidance and feedback on (basic/complex, Coursework, skill components of fitness and their applicant Physical strength an Components of fitness performance open/closed) 11 strength and weakness 0 0 0 (Paper *** 屲 Å V 80 including their advantages/ Explain in some detail the physical and mental benefit Functions of the Fitness skeleton during physical activity disadvantages of regular exercise Year ...a variety **Sports** Applied Anatomy and Physiology Principles of training of physical Day (Paper 1) activities Develop advanced Participate in a range of activities, effectively taking on different Analyse my O The cardiac cycle Structure of the Structure and How gaseous Interpretation of a skeleton and function of a exchange works spirometer trace arteries, veins and situations eve Demonstrate lea communication skills Demonstrate positive leadership roles such as leadership skills when working with a by selecting different the captain, coach or and suggest behaviour, courage and high tactics and strategies tactics and strategies effort levels in physical activity as communication and organisation to effectively lead the arrival. Develop leadership, officiating Develop tactics, strategies Year and/or choreography skills in a and/or dynamics within a variety of tasks Sports variety of physical activities variety of physical activities Day Demonstrate the necessary fitness Use different tactics and levels to be able to apply different tactics and strategies used in a range principles of tactics and strategies effectively of sporting activities gameplay Confidently demonstrate advanced by taking on different Demonstrate resilience techniques, and help others leadership roles gameplay performances of others, and (friendship) to improve ake informed decisions Demonstrate high when under pressure during a variety of sporting contexts all taught activities solving a problem Act on feedback provided by others when practicing skills in a range of activities, with performance Demonstrate a number of skills Make informed decisions Demonstrate high confidently in a when under pressure levels of arartety of sporting a variety of sportsmanship in improving as a result variety of sporting Display positive behaviour as part of a contexts team by encouraging, motivating, and inspiring others to perform at their best Demonstrate principles **Develop Problem** Analyse my own performances, assessing of play and performance in a variety of physical activities **Sports** solving/critical thinking in a strengths and areas for development linked to components of fitness Explain the different roles of a Day range of physical activities team such as a captain, manag coach, fitness/strength and Show a variety of leadership skills by selecting different tactics/ strategies/compositions and conditioning coach of rules regulations in Make decisions that positively affect individual physical activity communication skills applying them appropriately effort levels and of gameplay to various full context sporting activities engagement across when working with a and team performances **2** group ____ a range of activities Demonstrate competence (excellence) in my individual role or as part of a team role or as part o titions group Demonstrate Display positive behaviour and effective warmups in attitudes, communicating with a variety of activates others appropriately Demonstrate positive Application behaviour, courage and high -effort levels, when performing and Identify and apply rules in a **Understand how fitness** rear range of physical activities whe participating or officiating Development of key physical skills in components impact sports a variety of physical activities performance Be respectful to others Describe how a range of components of Show high levels of resilience Explain how different Demonstrate all of the Identify and and the environment COF in a variety of sporting contexts and sportsmanship in a range of sporting contexts of different sporting fitness can have a positive/negative impact on performance Compare their agility and co-ordination, and Participate in team Take part in outdoor and performances with previous proficiently including running, begin to apply these games, developing pumping, throwing in a range of simple tactics for simple movement and catching activities attacking and defending patterns suitable for attacking and defending through attacking and defending patterns suitable for attacking and defending through athletics and gymnastics patterns adventurous activity ones and demonstrate over a distance a range of movement challenges both individually in mprovement to achieve their personal best jumping, throwing of at least 25

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