

GCSE PHYSICAL EDUCATION YEAR 10

topic	NEA	Sport Psychology	Sport Psychology	Commercialisation of physical activity and sport.
KNOWLEDGE	<p><b>written:</b> The selection of appropriate theory from year 9 to create a structured and detailed analysis and evaluation of fitness and skill strengths and weaknesses</p> <p><b>practical:</b> to develop the skills and tactics of a variety of sports and then streamline into 3 sports for final assessment</p>	<p><b>Classification of skills (basic/complex, open/closed).</b> -Skills and ability Classification of skills Type of goals (performance or outcome)</p> <p><b>The use of goal setting and SMART targets to improve and/or optimise performance.</b> -Evaluating performance and outcomes -SMART targets</p>	<p><b>Basic information processing.</b> Basic information processing model Input/Output/Decision making processes Guidance and feedback on performance. Types of guidance and feedback and their effectiveness.</p> <p><b>Mental Preparation for Performance.</b> Arousal and the Inverted-U Theory Optimal arousal and stress management.</p>	<p><b>Commercialisation</b> Sponsorship and the media Positive and negative impacts of sponsorship and the media Positive and negative impacts of technology</p>
SKILLS	Individual fitness and skill strength and weakness identification and analysis.Application of theory to analyse movement	Application of knowledge to sporting performance	Application of knowledge to sporting performance: utilisation in the teaching of skills and the control of arousal	Identification of the role of technology in the performance, officiating and spectating of sport. Discussion and evaluation of technology in sport.
Assessment	marked tasks in line with exam board criteria	END OF UNIT TESTS 39 MARKS AND EXTENDED ANSWER QUESTIONS	END OF UNIT TESTS 39 MARKS AND EXTENDED ANSWER QUESTIONS	END OF UNIT TESTS 39 MARKS AND EXTENDED ANSWER QUESTIONS