



We will be learning about...

During the next seven weeks, we will be studying GCSE Physical Education. We will be focusing on GCSE Physical Education, Paper 2. We will look at exam questions which will allow you to develop an understanding of the exam requirements. The topic we will focus on are below:

We will develop our learning by studying the following each week:	R	A	G
Topic 1 Classification of skills - Open/ closed - Simple/ complex			
Topic 2 Goal setting - SMART targets - Understand and be able to apply examples of the use of goal setting for exercise adherence, motivation and optimising performance			
Topic 3 Mental preparation - Imagery - Mental rehearsal - Selective attention - Positive thinking			
Topic 4 Types of guidance - visual - verbal - manual - mechanical			
Topic 5 Types of feedback - intrinsic/ extrinsic - knowledge of performance/ results - positive/ negative			

Prior Learning

What have you learnt previously that will help you on this learning Aim?

1. Science lessons – specifically biology
2. Core PE lessons
3. Paper 1 content taught in year 10

Keywords

Highlight the words that you are unsure of the start of the learning aim.

As we progress through the learning aim, tick the word off that you have learnt the meaning of.

Optimise	Manual	Co-ordinated	Environmental continuum	Specific	Achieved	Timed
Motivation	Mechanical	Difficulty continuum	Visual	Measurable	Recorded	Verbal
Intrinsic	Extrinsic	Knowledge of performance	Knowledge of Results	Positive feedback	Negative feedback	Imagery
Mental rehearsal	Selective attention	Positive thinking				

Future Learning

What will we be learning in the future?
How could this unit help you in your future career?

Paper 2 – You will look in detail at engagement patterns and different social groups participation in sport or physical activity. We will also look at commercialisation of sport and ethics and drugs in sport. We will then focus on sport psychology and the impact this can have on performance.

Coursework – You will observe a partner and assess their performance in badminton. You will discuss the strengths and weaknesses of the performance and suggest activities for them to complete to improve their performance further.

Practical – We will look at a variety of sports throughout the course, you will be assessed on all of these sports. Your top three will go towards your final grade.

