

GCSE PE Plan 3

Week	Classwork	Homework	Resources
6th March (mock window)	<p>Sports Psychology</p> <ul style="list-style-type: none"> • Mental preparation (internal and external imagery) • Positive self talk • Selective attention <p>Application to sporting examples for each.</p> <p>Application of knowledge to past paper questions</p>	<p>Use the "Year 11 – Term 3" knowledge organiser to revise the different forms of mental preparation techniques, feedback and guidance.</p> <p>Use the Seneca link to relearn the topic and to complete the questions.</p> <p>Answer the past paper exam questions on the knowledge organisers without looking at the answers / notes/ internet.</p> <p>Now use a green pen and the knowledge organiser to mark and improve your answers.</p>	<p>Year 11 - Term 3 - Mental preparation, feedback and guidance.pdf</p> <p>Seneca - Sports psychology</p> <p>Seneca - Guidance and Feedback</p> <p>Optional past paper: June 2018 – Paper 1 and Mark scheme to self mark</p>
13 th March (mock window)	<p>Participation rates</p> <ul style="list-style-type: none"> • Trends in participation in the UK (climate, gender, disability, ethnicity, religion, low socio-economic, media coverage, role models) • Barriers to participation for all of the groups above. • Solutions to increase participation including Access, promotion and provision for different groups. <p>Application of knowledge to past paper questions</p>	<p>Use the "Year 10 – Term 5" knowledge organiser to revise trends in participation, barriers to participation and solutions to engaging more students in physical activity and sport.</p> <p>Use the Seneca link to relearn the topic and to complete the questions.</p> <p>Answer the past paper exam questions on the knowledge organisers without looking at the answers / notes/ internet.</p> <p>Now use a green pen and the knowledge organiser to mark and improve your answers.</p>	<p>Year 10 - Term 5 - Participation in physical activity and sport.pdf</p> <p>Seneca link: Sport and Participation in the UK</p> <p>Optional past paper: June 2018 – Paper 2 and Mark scheme to self mark</p>
20 th March	X 2 lessons Aspiration time (taught topics)	Update you Topic lists RAG sheet having	Topic lists

GCSE PE Plan 3

	<p>depending on the exam feedback.</p>	<p>reflected on your mocks during aspiration time. Use the knowledge organisers and Seneca links which are relevant to your areas for development as identified in this week's class.</p> <p>Complete the Knowledge recall sheets using the link on the right hand side for the topics you have identified that you need to improve following aspiration time.</p>	<p>Recall sheets Knowledge organisers – full set June 2019 – Paper 1 and Mark scheme to self mark</p>
<p>3 27th March</p>	<p>Deviance in sport.</p> <ul style="list-style-type: none"> • Performance enhancing drugs in sport. Examples: anabolic steroids, beta blocker, stimulants. • Advantages and side affects + links to practical examples. • Consequences of being caught – bans, fines, disqualifications, loss of sponsorship etc • <p>Impact of deviance on the performer and sport itself.</p> <p>Application of knowledge to past paper questions</p>	<p>Use the “Year 11 – Term 2” knowledge organiser to revise the Deviance in sport. This includes Drugs in Sport, Gamesmanship, and violence. Also study skilful movement.</p> <p>Use the Seneca link to relearn the topic and to complete the questions.</p> <p>Answer the past paper exam questions on the knowledge organisers without looking at the answers / notes/ internet.</p> <p>Now use a green pen and the knowledge organiser to mark and improve your answers.</p>	<p>Year 11 - Term 2 - Drugs in sport, gamesmanship, sportsmanship and skilful movement.pdf</p> <p>Seneca link: deviance in sport</p> <p>June 2019 – Paper 2 and Mark scheme to self mark</p>

Easter revision:

Half term revision session taking place in school on Monday 3rd April 10am – 2pm. The session will involve 2 hours revision on paper 1 and 2 hours revision on paper 2. This will involve completing revision activities, knowledge recall, and an opportunity to look at mark schemes for past paper questions across a range of topics.

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