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| **Curriculum Plan for Parents – Year11** |

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| **Subject** | Physical Education (BTEC Sport) | **Contact Person** | A.Maddocks |

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| **Half term and topic** | **Your child will learn....** | **Key Homework** | **Assessment** |
| Autumn 1 | **Leading Sports Activities***Plan:* roles and responsibilities; health and safety; first aid; risk assessment; contingency planning; other.*Lead*: demonstration of a range of skills, qualities and responsibilities appropriate to role eg introductionsand explanations, warm up, cool down, officiating, scoring, timekeeping, first aid, presentation ceremony, refreshments, equipment*Event:*  organise a sports event for local primary school*Recording:* eg diary, logbook, portfolio, video, audio, observation record, witness testimony, feedbacksheets | Spider-diagram of what you will need to think about when planning your event. | UNIT 6, ASSIGNMENT 3: Plan, lead and review a sports event. (First part: planning) |
| Autumn 2 |  **Leading Sports Activities***Review:* feedback (from participants, supervisor and observers); strengths and areas for improvement egplanning, content, organisation, health and safety, style and personal qualities, achievements*Set targets for improvement and development:* SMART (specific, measurable, achievable, realistic, time bound)targets; development plans; development opportunities eg specific training and courses | Personal evaluation: WWW, EBI. | UNIT 6, ASSIGNMENT 3: Plan, lead and review a sports event. (Second part: review)  |
| Spring 1 | **The Mind and Sports Performance**Topic A.1 Definition of personality.Topic A.2 Structure of personality.Topic A.3 Personality types.Topic A.4 Methods of measuring personality.Topic A.5 Views of personality.Topic B.1 Definition of motivationTopic B.2 Types of motivationTopic B.3 Views of motivationTopic B.4 Definition of achievement motivation | Completion of question sheet.Completion of personality type questionnaire. | UNIT 3, ASSIGNMENT1: Investigate personality and its effect on performance. |
| Spring 2 | **The Mind and Sports Performance**Topic B.5 Benefits of motivation on sports performanceTopic B.6 Principles of setting goals to increase and direct motivationTopic B.7 Definition of self-confidenceTopic B.8 Benefits of self-confidenceTopic B.9 Methods to increase self-confidenceTopic B.10 Definition of self-efficacyTopic B.11 Factors affecting self-efficacyTopic B.12 GoalsTopic B.13 Influence of goal setting on sports performanceTopic B.14 Influence of goal setting on motivation | Research types of motivation.Devise own SMART targets for sport of choice. | UNIT 3, ASSIGNMENT 2: Explore the influence that motivation and self-confidence have on sports performance. |
| Summer 1 | **The Mind and Sports Performance**Topic C.1 Definition of anxietyTopic C.2 Types of anxietyTopic C.3 How arousal and anxiety affect sports performanceTopic C.4 How anxiety and arousal can be controlled | Research types of anxiety.Complete anxiety questionnaire. | UNIT 3, ASSIGNMENT 3: Know about arousal and anxiety and the effects thay have on sports performance. |