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| **Core Knowledge Map**  |
| Subject: GCSE PE | Year: 10  | Activity Area: Paper 2 |
| What are we learning?  |
| * Socio-cultural influences that impact on participation and performance in physical activities and sports.
* The commercialisation of physical activities, including the influences of sponsorship and the media. Ethical and socio-cultural issues in physical activities and sports.
* Sports psychology theories related to acquiring movement skills and optimising performance.
* Benefits of participating in physical activities and sports to their health, fitness and well-being.
* Energy use along with diet, nutrition and hydration
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| How will I be assessed   |
| This Unit will be assessed in May 2025 (Year 11) through a formal examination paper. This is a 1 hour paper, marked out of 60 and is worth 30% of your overall grade.  |
| Big questions:  |
| 1)What are the current participation trends and what factors affect participation in different groups within society? 2)How can you promote increased participation in Physical activity in Society?3)What is the impact of commercialism in sport including positive and negative effects of sponsorship and the media?4)What is the effect of drugs and violence within sport?5)How are movements and skills learned and performed considering psychological factors?6)What are the benefits of participating in physical activity? |
| How does this build on previous learning?  | How will this link to my future learning?  |
| Building on your knowledge of skills learnt in PE during year 7,8 & 9 Developing the leadership skills you may have developed during PE in year 7,8 & 9  | This could lead into a level 3 sports course such as BTEC Sport Level 3 and A Level PE There will be significant cross curricular learning with Science The leadership skills could help you in your future career – talking to others, leading situations  |
| Core knowledge & Key Vocabulary   |
|  **\* Physical activity and sport in the UK** **-** Trends – Sport England – NGBS - DCMS\***Participation in physical activity and sport** • age • gender • ethnicity • religion/culture • family • education • time/work commitments • cost/disposable income • disability • opportunity/access • discrimination • environment/climate • media coverage • role models • understand strategies which can be used to improve participation: • promotion • provision • access \***Commercialisation of sport** • media • commercialisation, including sport, sponsorship and the media (the golden triangle): • sponsorship \* **Ethics in sport** • sportsmanship • gamesmanship and deviance \* **Drugs in sport** • anabolic steroids • beta blockers • stimulants \***Violence in sport**\***Characteristics of skilful movement** • motor skills • efficiency • pre-determined • co-ordinated • fluent • aesthetic\* **Classification of skills** • continua • open to closed skills (environmental continuum) \***Goal setting** • goal setting: • exercise/training adherence • motivate performers • to improve and/or optimise performance • understand the SMART principle of goal setting with practical examples (Specific, Measurable, Achievable, Recorded, Timed) \***Mental preparation** • imagery • mental rehearsal • selective attention • positive thinking\***Types of guidance** • visual • verbal • manual • mechanical.\***Types of feedback** • intrinsic • extrinsic • knowledge of performance • knowledge of results • positive • negative.\***Health, fitness and well**-being • sedentary lifestyle: • physical: – injury – coronary heart disease (CHD) – blood pressure – bone density – obesity – Type 2 diabetes – posture – fitness • emotional: – self-esteem/confidence – stress management – image • social: – friendship – belonging to a group – loneliness \***Diet and nutrition** •balanced diet • carbohydrates • proteins • fats • minerals • vitamins • fibre • water and hydration  |
| Need more help?  |
| Buy the revision guide - [GCSE Physical Education OCR Revision Guide: perfect for the 2024 and 2025 exams (CGP OCR GCSE PE) : CGP Books, CGP Books: Amazon.co.uk: Books](https://www.amazon.co.uk/GCSE-Physical-Education-Revision-Guide/dp/1789083206/ref%3Dasc_df_1789083206/?tag=googshopuk-21&linkCode=df0&hvadid=255992974927&hvpos=&hvnetw=g&hvrand=11295632712068633070&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9045300&hvtargid=pla-952946392992&psc=1&th=1&psc=1) Student Workbook - [GCSE Physical Education OCR Exam Practice Workbook (includes Answers): superb for the 2024 and 2025 exams (CGP OCR GCSE PE): Amazon.co.uk: CGP Books, CGP Books: 9781789083217: Books](https://www.amazon.co.uk/GCSE-Physical-Education-Practice-Workbook/dp/1789083214/ref%3Dasc_df_1789083214/?tag=googshopuk-21&linkCode=df0&hvadid=255992974927&hvpos=&hvnetw=g&hvrand=12296817745025368199&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9045300&hvtargid=pla-819598628287&psc=1&th=1&psc=1)The specification on the website: [OCR GCSE (9-1) Physical Education Specification J587 - Version 1.4 (February 2023)](https://www.ocr.org.uk/Images/234822-specification-accredited-gcse-physical-education-j587.pdf)YouTube revision videos: [OCR GCSE PE Paper 1 2023 Revision - YouTube](https://www.youtube.com/watch?v=k3qPGBafSHk); [OCR GCSE PE Paper 2 2023 Revision - YouTube](https://www.youtube.com/watch?v=ch24NhUv6hw) |