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| **Core Knowledge Map** | | | |
| Subject: GCSE PE | Year: 10  Term 1 | | Activity Area: Paper 2 |
| What are we learning? | | | |
| Sports psychology theories related to acquiring movement skills and optimising performance. Learners will develop their knowledge and understanding of the psychological factors that can affect performers. They will also develop their knowledge and understanding of how movement skills are learned and performed in physical activities and sports. The characteristics and classification of skilful movement will be understood, along with the role of goal setting and mental preparation to improve performance in physical activities and sports. Learners will develop their knowledge and understanding of guidance and feedback that affects the learning and performance of movement skills. Learners will be able to identify key terms and describe psychological concepts, using practical examples from their own performances. Learners will show that they can explain and evaluate sports psychology theories and principles and be able to apply theory to practice | | | |
| 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. Each unit will be assessed in class with use of past paper questions at the end of each unit. | | | |
| Big questions: | | | |
| 1. What is the definition of motor skills? 2. What are the characteristics of skilful movements? Provide examples of : efficiency • pre-determined • co-ordinated • fluent • aesthetic. 3. What are the classification of skills with consideration of continua? 4. How can SMART targets and goal setting be used to motivate and improve performance? 5. What mental preparation techniques can be used? 6. What are the advantages and disadvantages of different types of guidance? 7. What are the different types of feedback and how can they be applied to a sports situation? | | | |
| 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.  This will also be used when completing your analysis of performance in Year 11. | |
| Core knowledge & Key Vocabulary | | | |
| \***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.  \***All of these areas should be applied to practical situations giving examples from sport and physical activity.** | | | |
| 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=asc_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=asc_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)  [OCR GCSE PE Mental Preparation - YouTube](https://www.youtube.com/watch?v=vrwWXP5vcto)  [OCR GCSE PE - Skilled Performance & SKILL CLASSIFICATION Continua - Sports Psychology (4.1) - YouTube](https://www.youtube.com/watch?v=hhivBYVahLQ)  [OCR GCSE PE Guidance - YouTube](https://www.youtube.com/watch?v=ZQUuP6-0B0o) | | | |