

## Key Stage 4 Curriculum Map 2019 - 2020

### Term 1

Subject: Physical Education		Year Group: 11
Week/Date	Focus/Topic	
1 Sept 2 <sup>nd</sup> -5 <sup>th</sup>	<p><b><u>Anxiety</u></b></p> <p>The two types of anxiety, naming and describing:</p> <ul style="list-style-type: none"> <li>• cognitive</li> <li>• somatic</li> </ul> <p>Explain the causes of anxiety in physical activities</p>	
2 Sept 8 <sup>th</sup> -12 <sup>th</sup>	<p><b><u>Relaxation Techniques</u></b></p> <p>The need to combine techniques to control arousal and anxiety. Describe appropriate relaxation techniques, including mental rehearsal, visualisation and deep breathing.</p> <p>Explain how relaxation techniques control arousal, including:</p> <ul style="list-style-type: none"> <li>• increased concentration</li> <li>• controlled breathing</li> <li>• reduced heart rate</li> </ul>	
3 Sept 15 <sup>th</sup> -19 <sup>th</sup>	<p><b><u>Personality Types</u></b></p> <p>The terms introvert and extrovert. Describe the typical characteristics of introvert and extrovert personality types. Suggest physical activities usually adopted by introvert and extrovert personality types</p>	

<p style="text-align: center;">4 Sept 22<sup>nd</sup> -26<sup>th</sup></p>	<p><b><u>Leisure and Recreation</u></b></p> <p>The terms:</p> <ul style="list-style-type: none"> <li>• leisure time</li> <li>• (physical) recreation</li> <li>• play</li> <li>• sport</li> </ul> <p>Identify and explain factors that influence what recreational activities people do during leisure time:</p> <ul style="list-style-type: none"> <li>• age</li> <li>• interests</li> <li>• social circumstances</li> <li>• family influences</li> <li>• peer influences</li> <li>• facilities available</li> <li>• area where you live, e.g. geography/culture/tradition</li> </ul>
<p style="text-align: center;">5 Sept 29<sup>th</sup>-Oct 3<sup>rd</sup></p>	<p><b><u>Growth in leisure activities</u></b></p> <p>The factors that influence growth in leisure activities:</p> <ul style="list-style-type: none"> <li>• increase in leisure time</li> <li>• advances in technology</li> <li>• improvements in healthcare</li> <li>• better health awareness</li> <li>• more leisure facilities</li> <li>• reduced cost of equipment</li> <li>• improvements in travel methods</li> <li>• wider media coverage</li> </ul>

<p>6 Oct 6<sup>th</sup>-10<sup>th</sup></p>	<p><b><u>The Sports Develop Pyramid</u></b></p> <p>The characteristics of each level of the sports development pyramid:</p> <ul style="list-style-type: none"> <li>• elite (highest)</li> <li>• performance</li> <li>• participation</li> <li>• foundation (lowest)</li> </ul>
<p>7 Oct 13<sup>th</sup>-17<sup>th</sup></p>	<p><b><u>Sponsorship</u></b></p> <p>The types of sponsorship:</p> <ul style="list-style-type: none"> <li>• financial support</li> <li>• clothing/footwear/equipment</li> <li>• provision of specialist facilities</li> </ul> <p>Advantages and disadvantages of sponsorship to:</p> <ul style="list-style-type: none"> <li>• the performer or team</li> <li>• the sponsor</li> <li>• the sport or event</li> <li>• the audience/spectators</li> </ul>
<p>8 Oct 20<sup>th</sup> -24<sup>th</sup></p>	<p>Mid Term Break</p>
<p>9-10 Oct 27<sup>th</sup>-Nov 7<sup>th</sup></p>	<p><b><u>Media</u></b></p> <p>The types of media coverage:</p> <ul style="list-style-type: none"> <li>• television • internet and social media</li> <li>• print</li> <li>• radio</li> </ul> <p>The advantages and disadvantages of media coverage to:</p> <ul style="list-style-type: none"> <li>• the performer</li> <li>• the sport or event</li> <li>• the audience/spectators</li> </ul>

<p>11 Nov 10th -14<sup>th</sup></p>	<p><b><u>Global Events</u></b></p> <p>The advantages of being a host nation:</p> <ul style="list-style-type: none"> <li>• stadia and training facilities</li> <li>• home advantage</li> <li>• increase in national pride</li> <li>• improved tourism</li> <li>• increased employment</li> <li>• legacy implications</li> <li>• infrastructure</li> </ul>
<p>12 Nov 17<sup>th</sup>-21<sup>st</sup></p>	<p><b><u>Professional and Amateur Events</u></b></p> <p>The difference between being a professional and an amateur:</p> <ul style="list-style-type: none"> <li>• traditional differences</li> <li>• increased blurring between professional and amateur status</li> <li>• both amateurs and professionals competing at the Olympic Games.</li> </ul>
<p>13th Nov 24<sup>th</sup>-28<sup>st</sup></p>	<p><b><u>Technology</u></b></p> <p>The use of technology in sport, including:</p> <ul style="list-style-type: none"> <li>• decision-making by officials, e.g. in tennis, football and rugby</li> <li>• recording time and distance, e.g. in athletics</li> <li>• enhancing performance, e.g. in cycling.</li> </ul> <p>The positive and negative impact of technology on:</p> <ul style="list-style-type: none"> <li>• officials</li> <li>• performers</li> <li>• the audience/spectators</li> <li>• the sport or event</li> </ul>
<p>14 Dec 1<sup>st</sup> -5<sup>th</sup></p>	<p style="text-align: center;"><b>Assessment Weeks</b></p>
<p>15 Dec 8<sup>th</sup>-12<sup>th</sup></p>	
<p style="text-align: center;">Winter Break: December 13<sup>th</sup> – January 2<sup>nd</sup></p>	