

Key Stage 4 Curriculum Map 2020 - 2021

Term 1

Subject:	Year: 11	
Focus/Topic	UAE Links	Home Learning / Reading
<p>6th September</p> <p>Goal-setting The principles of SMARTER goal-setting (Specific, Measurable, Agreed, Realistic, Time-phased, Exciting, Recorded). Apply knowledge of goal-setting to suggest appropriate use of SMARTER targets in physical activities. Using goal-setting as a means to control anxiety</p>	Using the Burj Kahlifa in the lesson choose your starting point to answer the question.	<p>www.teachpe.com</p> <p>www.brianmac.com Guiding Reading List Year 10</p>
<p>13th September</p> <p>Motivation The types of motivation, naming and describing:</p> <ul style="list-style-type: none"> • intrinsic • extrinsic. <p>Provide examples of intrinsic and extrinsic motivation. Explain the effect of intrinsic motivation and extrinsic motivation and how they can be used in physical activities</p>	The UAE promotes a healthy living lifestyle, what is the motivation from the rulers of the UAE to promote such an initiative?	<p>www.teachpe.com</p> <p>www.brianmac.com Guiding Reading List Year 10</p>
<p>20th September</p> <p>Arousal The definition of arousal. Draw and explain the Inverted-U theory (Yerkes-Dodson law). Explain how optimal arousal varies for different skills, e.g. fine skills require lower levels of arousal than gross skills. Apply knowledge to explain the effects of underarousal and overarousal.</p>		<p>www.teachpe.com</p> <p>www.brianmac.com Guiding Reading List Year 10</p>
<p>27th September</p> <p>Anxiety The two types of anxiety, naming and describing:</p> <ul style="list-style-type: none"> • cognitive • somatic. 		<p>www.teachpe.com</p> <p>www.brianmac.com Guiding Reading List Year 10</p>

Explain the causes of anxiety in physical activities		
<p><u>27th October</u></p> <p><u>Relaxation Techniques</u> 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"> • increased concentration • controlled breathing • reduced heart rate. 	What initiatives have been developed in the UAE to decrease stress levels in the UAE?	<p>www.teachpe.com www.brianmac.com Guiding Reading List Year 10</p>
<p><u>4th October</u></p> <p><u>Personality Types</u> 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>	The leader in the UAE, how would you describe his personality? Why does he need a particular personality type to lead the country?	<p>www.teachpe.com www.brianmac.com Guiding Reading List Year 10</p>
<p><u>11th October</u> <u>End of half term Assessment.</u></p>		<p>www.teachpe.com www.brianmac.com Guiding Reading List Year 10</p>
Half Term		
<p><u>25th October</u></p> <p><u>Leisure and Recreation</u> The terms:</p> <ul style="list-style-type: none"> • leisure time • (physical) recreation • play • sport. <p>Identify and explain factors that influence what recreational activities people do during leisure time:</p> <ul style="list-style-type: none"> • age • interests • social circumstances • family influences • peer influences • facilities available • area where you live, e.g. geography/culture/tradition 	What factors in the UAE impact on what we choose to participate in leisure and recreation activities?	<p>www.teachpe.com www.brianmac.com Guiding Reading List Year 10</p>

<p><u>1st November</u></p> <p><u>Growth in leisure activities</u> The factors that influence growth in leisure activities:</p> <ul style="list-style-type: none"> • increase in leisure time • advances in technology • improvements in healthcare • better health awareness • more leisure facilities • reduced cost of equipment • improvements in travel methods • wider media coverage 		<p>www.teachpe.com www.brianmac.com Guiding Reading List Year 10</p>
<p><u>8th November</u></p> <p><u>The Sports Develop Pyramid</u> The characteristics of each level of the sports development pyramid:</p> <ul style="list-style-type: none"> • elite (highest) • performance • participation • foundation (lowest) 		<p>www.teachpe.com www.brianmac.com Guiding Reading List Year 10</p>
<p><u>15th November</u></p> <p><u>Sponsorship</u> The types of sponsorship:</p> <ul style="list-style-type: none"> • financial support • clothing/footwear/equipment • provision of specialist facilities. <p>Advantages and disadvantages of sponsorship to:</p> <ul style="list-style-type: none"> • the performer or team • the sponsor • the sport or event • the audience/spectators 	<p>What major sports events to the UAE promote? Are their any leading figures from within the country that are associated with a specific sport?</p>	<p>www.teachpe.com www.brianmac.com Guiding Reading List Year 10</p>
<p><u>22nd November</u></p> <p><u>Media</u> The types of media coverage:</p> <ul style="list-style-type: none"> • television • internet and social media • print • radio. 		<p>www.teachpe.com www.brianmac.com Guiding Reading List Year 10</p>

<p>The advantages and disadvantages of media coverage to:</p> <ul style="list-style-type: none"> • the performer • the sport or event • the audience/spectators. 		
<p><u>29th November</u></p> <p><u>Global Events</u></p> <p>The advantages of being a host nation:</p> <ul style="list-style-type: none"> • stadia and training facilities • home advantage • increase in national pride • improved tourism • increased employment • legacy implications • infrastructure. 	<p>The UAE is leading a Global event, what is it and what impact will it have on the country?</p>	<p>www.teachpe.com www.brianmac.com Guiding Reading List Year 10</p>
<p><u>6th December</u></p> <p><u>End of half term Assessment.</u></p>		<p>www.teachpe.com www.brianmac.com Guiding Reading List Year 10</p>
<p>Winter Break</p>		