

<b>Curriculum Plan</b>	<b>Subject</b>	<b>Physical Education - Sport and Psychology</b>	<b>Year</b>	<b>13</b>
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		<b>W/C 2<sup>nd</sup> November</b>	<b>W/C 9<sup>th</sup> November</b>	<b>W/C 16<sup>th</sup> November</b>
<b>How you will access home learning</b>		The PowerPoint and lesson materials will be available in our Y13 group on Microsoft Teams. You will need access to your PE textbook .		
<b>How you be able to interact with your teacher and gain feedback on your work</b>		You will be able to join all lessons via Microsoft Teams or SHMW. This may be accessing files from Teams with voice over or at times live. This will enable you to listen to teacher delivery, to ask questions, and to complete the same tasks live, as those who are working in the lesson. You can join in with questioning in the lesson using the chat function to check your understanding. Work will be submitted via the online submission function on SHMW or e mailed as requested. You will receive feedback through the teacher comment box on SHMW or via e mail.		
<b>Retrieval</b> How we will help you to recall previously learnt knowledge		Quick knowledge or the multiple-choice questions on <u>Articulations and the skeletal system</u>	Flash cards on <u>Movement patterns</u>	Short answer questions on <u>Antagonistic muscle actions</u>
<b>New Learning</b>	<b>What you will be learning about this week</b>	Understanding the Theories of arousal and how they relate to optimal performance.	What are the different types of anxiety and how do they relate to sporting performance?	Is there a difference between aggression and assertion in sport?
	<b>How we will teach you the new knowledge or ideas</b>	PowerPoint content and teacher led explanations to support you in discussion around each of the theories and how they would affect performance.	Teacher led explanation of new knowledge which will be covered in the PowerPoint. Teacher explanation and modelling of the Advantages and disadvantages of using different ways to measure anxiety.	Teacher led explanation of new knowledge which will be covered in the PowerPoint.
	<b>Activities that will help you learn and practice what you've been taught</b>	Practical applications of theories of arousal and their impact on performance.	Attempting to measure our own and others anxiety in a sporting situation. Questions will be set for you to answer in the PowerPoint, around describing and explaining content.	Use sporting examples to relate to definitions to identify assertion and aggression. Discussion and evaluation of strategies to control aggression.
	<b>What you can do if you are stuck</b>	You can ask any questions during any live lesson through using the chat function on Microsoft Teams. The Teams lessons will be recorded so you can refer to teacher explanations and listen to them again. Use your online Hodder textbook to refer to any previous content. If you have questions in relation to any of the longer style exam questions, you can use the frameworks provided, and modelled explanations, to help you answer the questions. If you need to e-mail me to ask a question, then please attach a copy of the work that you have completed so far, so I can be specific in giving you feedback and help. <a href="mailto:jnicholls@notredame-high.co.uk">jnicholls@notredame-high.co.uk</a>		

		W/C 23 <sup>rd</sup> November	W/C 30 <sup>th</sup> November	W/C 7 <sup>th</sup> December	W/C 14 <sup>th</sup> December
How you will access home learning		The PowerPoint and lesson materials will be available in our Y12 group on Microsoft Teams. You will need access to your PE textbook .			
How you be able to interact with your teacher and gain feedback on your work		You will be able to join all lessons via Microsoft Teams. This may be accessing files from Teams with voice over or at times live. This will enable you to listen to teacher delivery, to ask questions, and to complete the same tasks live, as those who are working in the lesson. You can join in with questioning in the lesson using the chat function to check your understanding. Work will be submitted via the online submission function on SHMW or e mailed as requested. You will receive feedback through the teacher comment box on SHMW or via e mail.			
<b>Retrieval</b> How we will help you to recall previously learnt knowledge		Multiple-choice questions on <u>Axis and planes</u>	Multiple-choice questions on <u>Muscle contractions</u>	Labelling and annotation of <u>The path of blood through the body</u>	Identification of <u>heart rate graphs and the effect of exercise.</u>
<b>New Learning</b>	What you will be learning about this week	What motivates us in sport and how can this be related to our personality?	What motivates us in sport and how can this be related to our personality?	How does the presence of others affect our performance?	How does the precence of others affect our performance?  Assessment
	How we will teach you the new knowledge or ideas	Looking at Atkinsons model of achievement motivation and the value to each performer of success.	PowerPoint content and teacher led explanations to support you in new knowledge regarding achievement goal theory and strategies to develop approach behaviour	PowerPoint content and teacher led explanations to support you in new knowledge on social facilitation , inhibition and evaluation apprehaension.	PowerPoint content and teacher led explanations to support you in discussion on how our performance is affected by an audience.
	Activities that will help you learn and practice what you've been taught	Linking those athletes who Need to achieve (Nach) and Need to avoid failure (Naf) to performance.	Creation of stock answer for exemplar exam question regarding the above content.	Zajoncs model Development of scaffold to answer questions regarding the effect an audience has on participation	Filling in a partially completed mind map on audience. Individual revision methods.
	What you can do if you are stuck	You can ask any questions during any live lesson through using the chat function on Microsoft Teams. The Teams lessons will be recorded so you can refer to teacher explanations and listen to them again. Use your online Hodder textbook to refer to any previous content. If you have questions in relation to any of the longer style exam questions, you can use the frameworks provided, and modelled explanations, to help you answer the questions. If you need to e-mail me to ask a question, then please attach a copy of the work that you have completed so far, so I can be specific in giving you feedback and help. <a href="mailto:jnicholls@notredame-high.co.uk">jnicholls@notredame-high.co.uk</a>			