



Year 11 Curriculum Grid

GCSE PE

Year/Term	Unit	Intent
Overall	Sports Psychology	This unit focuses on sports psychology topics. Starting with the difference between skill and ability and the classification of skills. The focus then shifts to goal setting, basic information processing model, types of guidance and feedback, arousal, aggression, personality and finishes with motivation.
Autumn	Classification of skills	<ul style="list-style-type: none"> • Skill and ability • Definitions of types of goals • Arousal • Inverted-U theory • How optimal arousal levels vary according to the skill being performed in a physical activity or sport • How arousal can be controlled using stress management techniques before or during a sporting performance • Understand the difference between direct and indirect aggression with application to specific sporting examples • Understand the characteristics of introvert and extrovert personality types, including examples of sports which suit these particular personality types • Definition of intrinsic and extrinsic motivation, as used in sporting examples • Evaluation of the merits of intrinsic and extrinsic motivation in sport
	The use of goal setting and SMART targets to improve and/or optimise performance	<ul style="list-style-type: none"> • The use and evaluation of setting performance and outcome goals in sporting examples • The use of SMART targets to improve and/or optimise performance
	Basic information processing	<ul style="list-style-type: none"> • Basic information processing model
	Guidance and feedback on performance	<ul style="list-style-type: none"> • Identify examples of, and evaluate, the effectiveness of the use of types of guidance, with reference to beginners and elite level performers • Identify examples of, and evaluate, the effectiveness of the use of types of feedback, with reference to beginners and elite level performers
Spring	Mental preparation for performance	<ul style="list-style-type: none"> • Arousal • Inverted-U theory • How optimal arousal levels vary according to the skill being performed in a physical activity or sport



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EPCHSPE

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		<ul style="list-style-type: none">• How arousal can be controlled using stress management techniques before or during a sporting performance• Understand the difference between direct and indirect aggression with application to specific sporting examples• Understand the characteristics of introvert and extrovert personality types, including examples of sports which suit these particular personality types• Definition of intrinsic and extrinsic motivation, as used in sporting examples• Evaluation of the merits of intrinsic and extrinsic motivation in sport
Summer	Revision	