GCSE PE LEARNING JOURNEY- PAPER 2

WHAT YOU WILL DO

WHAT YOU WILL LEARN

SKILLS ACQUIRED

HOW YOU WILL BE ASSESSED LC1 LC2 LC3

HEALTH, FITNESS & WELL BEING

The benefits of physical activity on physical, emotional and social health

Impact of fitness on well-being / Lifestyle choices / sedentary lifestyle is

Interpret and analyse data showing health trends

What makes a balanced diet (macro & micronutrients)

Importance of carbo-loading / protein intake

Factors affecting optimum / Weight terminology

Problem Solving Collaboration
Creativity Decision Making
Innovation

SPORTS PYSCHOLOGY

To classify skills on 3 different continuums

To know the 4 different methods of practice

To know why goal setting is important

To know what SMART targets stands- Give examples

Types of guidance that can be used to develop skills

Types of feedback that can be given to improve performance

Mental preparation for performance

Analysis Interpretation

Adaptive Learning Self Evaluation

SOCIO- CULTURAL

The impact of different factors on participation in sport

Interpret data on participation rates

Commercialisation and the media

Impact on participation

Advantages & Disadvantages of commercialisation

Sportsmanship & gamesmanship / Behaviour in sport

Deviance

Critical Thinking Analysis
Team Work Adaptability Problem Solving

LC1 LC2 LC3

9 Mark Question LC1 Exam Peer Assessment 9 Mark Question LC2 Exam RAG Rating Peer Assessment

LC3 Mock Exam 9 Mark Question Paper 1 Mock Paper 2 Mock