



Topic name	Term	Skills developed	Prior learning	Next link in curriculum
MENTAL PREPARATION	Autumn	<ul style="list-style-type: none">Mental preparation techniques and be able to apply practical examples Imagery Mental Rehearsal Selective Attention Positive ThinkingRelevance and importance of mental preparation during sportBenefits and consequences	Links to prior learning of some individuals through practical performance, as they will understand how preparing your mind can positively or negatively affect you during sport	Links to next topic of Guidance and Feedback as mental preparation can be used in conjunction with guidance given to enable development in sport
GUIDANCE AND FEEDBACK	Autumn	<ul style="list-style-type: none">Understand different types of guidance, and their advantages and disadvantages Manual Mechanical Verbal VisualApply practical examplesUnderstand different types of feedback Intrinsic Extrinsic Knowledge of Performance Knowledge of Results Positive NegativeApply practical examples	Links back to previous topic of mental preparation, as guidance and feedback can be used to allow performers to improve their technique and focus using mental preparation techniques	Can link to engagement patterns as receiving guidance and feedback in different ways can help to motivate performers and help them stick to training / perseverance in sport
ENGAGEMENT PATTERNS OF DIFFERENT SOCIAL GROUPS IN PHYSICAL ACTIVITY AND SPORT	Spring	<ul style="list-style-type: none">Be familiar with current trends in participation in sport; Sport England; NGB's; DCMSUnderstand how different factors can affect participation; Age, Gender, Ethnicity, Religion/culture, Family, Education, Opportunity, Discrimination, Environment, Media coverage, Role modelsUnderstand strategies that can be used to improve participation; Promotion, Provision, AccessApply examples to participation issues	Individual's learning has previously developed in practical activities that links to aspects of engagement patterns, students will be able to describe ways of being engaged in sports from personal experienced	Can link to other topics such as Health, Fitness and Well-being and how participation in sport can contribute to a healthy lifestyle



COMMERCIALISATION OF PHYSICAL ACTIVITY AND SPORT	Spring	<ul style="list-style-type: none">• Understand the influence of the media on the commercialisation of physical activity and sport• Know the different types of media; Social Internet TV/Visual Newspapers/Magazines• Know the meaning of commercialisation and the Golden Triangle (Sport, Sponsorship, Media) and recognise the positive and negative effects.• Understand the influence of sponsorship on the commercialisation of sport	<ul style="list-style-type: none">• Can link to previous topic of participation rates and strategies to improve participation in physical activity and sport, aiming to increase participation using influences that make people more aware of sport	<ul style="list-style-type: none">• Can also link to Health, Fitness and Well-being as increased participation can lead to positive effects on the body and a healthy lifestyle• Knowledge here can be developed with understanding for individual's own sports and pathways into elite sport
ETHICAL AND SOCIO-CULTURAL ISSUES IN PHYSICAL ACTIVITY AND SPORT	Spring	<ul style="list-style-type: none">• Definitions of; Sportsmanship Gamesmanship Deviance• Apply practical examples• Know the reasons why sports performers use drugs and their effect on performance• Know the reasons for player violence and give practical examples	<ul style="list-style-type: none">• Drugs topic can link back to Paper 1 effects of exercise on the body, short term and long term adaptations to the heart, muscles and lungs	<ul style="list-style-type: none">• It can link to physical, social and emotional factors that can either positively or negatively affect someone's performance in sport• Students should be confident now answering exam style questions and these will be frequent now at the end of the course