

Year 10 GCSE PE : Mr Schofield

What concepts will we be covering this half term?	Mental Preparation for Performance, Engagement Patterns of Social Groups Understand the relationship between arousal levels and effectiveness of performance. Develop knowledge of different levels of arousal, aggression and personalities and the effect it has on different sports. Identify factors that affect participation in social groups. Arousal; Inverted U; deep breathing; mental rehearsal; direct; indirect; introvert; extrovert; gender; race; age, disability. Mid-unit and end of unit tests; exam question practice Starter recap tasks, linking of content to different topics
What resources can you use to support your learning?	Everlearner website : you will be given a personal login so that you can access the tutorials and tests. MS Teams lessons/resources Worksheets and tasks set on Showmyhomework
Tasks to complete so we can assess your understanding/ Key Performance Indicator tasks	Tests on Everlearner Exam questions set on Showmyhomework
What can you do if you need help/ support?	Email Mr Schofield on : d.schofield@netherthorpe.derbyshire.sch.uk