



MAGHULL HIGH SCHOOL – CURRICULUM MAP

HALF TERM Nov-Dec	Theory Lessons (3 lessons over 2 week timetable) 1-18	Practical Lessons 1-5
	<p>Objective: To gain an understanding of the psychological influence that motivation and anxiety have on participation in sport and activity. Pupils will learn definitions, types of motivation –intrinsic and extrinsic. They will learn about the benefits of increased motivation on fitness participation levels. Pupils will learn definitions of anxiety and will learn how anxiety can affect participation level in sport. They will learn about state and trait anxiety types and the somatic and cognitive effects of anxiety. Pupils will learn about the different methods that could be used to control anxiety</p> <p>Revision for Component 2 assessments</p> <p>Completion of exam style questions</p> <p>Component 3 – Creating a session plan for a specific sports activity. Pupils will learn how to complete a session plan to include a warm up , progressive activities and game/performance situations. Pupils will continue to explore the key skills of a sports leader including organization, activity structure, knowledge of activity, evaluation and target setting.</p>	<p>Objective Pupils will practise leadership skills and prepare for their practical leadership task. They will focus on the key requirements of a warm up –pulse raiser, mobilisation and stretches Schedule of filmed assessments where pupils lead 8 peers in a planned warm up activity linked to their chosen sport</p>
Knowledge & Skills development	Confidence in leadership skills. The ability to lead an effective warm up for 8 peers in a chosen activity. Ability to answer examination questions with confidence and accuracy using correct technical language.	
Assessment / Feedback Opportunities	Regular questioning using cold call techniques Students will complete exam style questions Revision booklets provided for all topics of the examination	
Cultural Capital	Awareness of leadership opportunities in the local sports industry Celebration of school extra-curricular involvement and success Role models	
SMSC / Promoting British Values (Democracy, Liberty, Rule of Law, Tolerance & Respect)	Listening to others Responding suitably in discussions Taking part in group activities Working closely with a partner Leading activities with confidence and enthusiasm.	
Reading opportunities	BTEC Tech Award Book	
Key Vocabulary	Motivation intrinsic extrinsic anxiety state trait somatic cognitive Leadership pulse raiser mobilisation stretches	

Digital Literacy	Research on relevant websites. Reference to videos
Careers	Fitness instructor. Personal coach, Personal Trainer