DEPARTMENT Netherhall School **GCSE PE** LEARNING ROADMAP **Sports Leaders** Chapter 5 Sixth form Learners will understand the ethics in sport including sportsmanshi gamesmanship and deviance. The effects of drugs in sport and wh **Next** performers take them will be understood along with reasons for play violence. They will also have an understanding of commercialisation Cambridge steps **Technical Level 3** sport, along with the positive/negative influences of media on participation and performances in sport. **Y11** Chapter 2 **Chapter 1** Learners will understand the basic principles of Learners will develop knowledge and movement and their effect on performance in understanding of the body systems, bones, muscles that are important to physical physical activity and sport activity. Learners will develop knowledge of the short and long-term effects of exercise on the body systems **Y11 NEA Coursework** Learners will write the secon Learners will understand the **Y11** part of their coursework benefits of participating in which focuses on the positive physical activity to health, and the negative skills of the fitness and well-being. Learners performances, focussing of will know about the physical, the skill principles. Learner emotional and social benefits as will also have to write a well as the consequences of a **Y10** raining programme that w sedentary lifestyle. Learners will nelp them improve their develop an understanding of the performances. main components of a balanced diet, including the effects of these components and Chapter 4 hydration on performers Sport Psychology Learners will understand the psychological factors that can affect performers. Learners will also develop knowledge of the characteristics and classification of skilful movements, along with goal setting, guidance and feedback, and mental preparation. Chapter 3 **Y10** Learners will develop their knowledge and understanding of the

Learners will develop their knowledge and understanding of the components of fitness required for physical activities and how each can be measured, be able to apply training principles to training programmes, along with knowing how to optimise training and prevent injury

Y10

NEA Coursework

Learners will write the first part of their coursework which focuses on the positive and the negative aspects of their performances, focussing on fitness principles.

