



What BIG IDEAS will you cover in this topic? In this unit, you will develop an understanding of sports psychology that builds on the knowledge of the body developed in Year 10. You will learn to answer questions about the final test and link them to body systems.	What other <u>key concepts, knowledge and skills</u> will you learn in this topic? You will learn how the body's brain is impacted during training and how skills are developed. Guidance, feedback and the Inverted U theory are key knowledge points that will be developed.
What important <u>prior knowledge</u> will you use from your prior learning? A deep understanding of the body systems developed in Year 10. Students should also know how to answer short answer questions. Where does this topic fit into the <u>curriculum plan</u> for this subject? This is the fourth topic in the curriculum and provides a deeper understanding of how the body functions in sport.	Assessment: How and when will you be assessed on this topic? Students will be assessed through the mock exam process in December of Year 11, alongside Unit 2.2, Socio-Cultural Influences. What will the success criteria be? All questions are taken from previous exam papers, and as a result, the success criteria will be the GCSE mark scheme.
What is the key <u>vocabulary</u> that you will need to know in this topic? • Open, Complex, Gross, Fine • Guidance and Feedback • Goal Setting • Mental Preparation • Arousal, Aggression & Motivation	What is the structure of learning/lessons in this topic? • 2.1a Classification & Goals • 2.1b SMART Targets • 2.1c Processing Model • 2.1d Guidance & Feedback • 2.1e Motivation, Arousal & Inverted U Theory • 2.1f Aggression & Personalities

