|  |  |  |  |
| --- | --- | --- | --- |
| **Year group** | **Topic being covered this half term** | **Tasks** | **Resources/ websites** |
| **10** | **Characteristics of skilful movement** • know the definition of motor skills • understand and be able to apply examples of the five characteristics of skilful movement: 1. efficiency
2. pre-determined
3. co-ordinated
4. fluent
5. aesthetic.

**Classification of skills** • know continua used in the classification of skills, including: • simple to complex skills (difficulty continuum) • open to closed skills (environmental continuum) • be able to apply practical examples of skills for each continuum along with justification of their placement on both continua.**Goal setting**• understand and be able to apply examples of the use of goal setting: • for exercise/training adherence • to motivate performers • to improve and/or optimise performance • understand the SMART principle of goal setting with practical examples (Specific, Measurable, Achievable, Recorded, Timed) be able to apply the SMART principle to improve and/or optimise performance.Mental preparation • know mental preparation techniques and be able to apply practical examples to their use: • imagery • mental rehearsal • selective attention • positive thinking | Please email your GCSE Theory Teacher for practice questions and tasks related to the relevant topic if working from home. Your theory teacher may invite you to a live lesson, send classwork via email and/or class charts. Please check on a regular basis.  | Link to revision guide. Available to purchase via Amazon [**https://www.amazon.co.uk/My-Revision-Notes-OCR-GCSE**](https://www.amazon.co.uk/My-Revision-Notes-OCR-GCSE/dp/1510405259/ref%3Dsr_1_1?crid=1F3COKNBLS3TP&dchild=1&keywords=ocr+gcse+pe+revision+guide+9-1&qid=1605197017&sprefix=ocr+gcse+pe+9-1+%2Caps%2C156&sr=8-1)BBC Bitesize GCSE PE OCR Specification <https://www.bbc.co.uk/bitesize/examspecs/ztrcg82> |
| **11** | GCSE Football Assessments (Practical)GCSE Netball Assessments (Practical)(AEP) Analysing and Evaluating Performance Controlled Assessment  | N/A – PracticalN/A – Controlled assessment must be completed in school under supervision of your theory teacher. Please email your GCSE Theory Teacher for practice questions and tasks, as you are unable to access the tasks above from home.  | Link to revision guide. Available to purchase via Amazon [**https://www.amazon.co.uk/My-Revision-Notes-OCR-GCSE**](https://www.amazon.co.uk/My-Revision-Notes-OCR-GCSE/dp/1510405259/ref%3Dsr_1_1?crid=1F3COKNBLS3TP&dchild=1&keywords=ocr+gcse+pe+revision+guide+9-1&qid=1605197017&sprefix=ocr+gcse+pe+9-1+%2Caps%2C156&sr=8-1)BBC Bitesize GCSE PE OCR Specification <https://www.bbc.co.uk/bitesize/examspecs/ztrcg82> |

**Please use these resources to support your home learning. Please check your e mail/ class charts for additional lesson resources and homework tasks.**