

Key Vocabulary for Summer Term Overviews

Subject: GCSE PE		Year Group: Yr 10
Key Learning Points/End Points	Key Vocabulary	
Athletics Practical	Sprints -100m, 200m full start stance and finish (dipping) Middle distance - 800m/1500m, start, the break and sprint finish Throws Shot - Grip, stance, shuffle Javelin - Grip, stance, crossover, Discus - Grip, stance, spin (WITHOUT DISCUS)	
Socio- Cultural Influences Social Groups Commercialisation Technology Conduct of Performer Conduct of Spectators	Engagement patterns, gender, race/religion/culture, age, family/friends/peers, disability, attitudes • role models, accessibility (to facilities/clubs/activities), media coverage • sexism/stereotyping • culture/religion/religious festivals • family commitments • available leisure time • familiarity • education • socio-economic factors/disposable income • adaptability/inclusiveness. Sponsorship, media, financial • clothing and equipment, including footwear • facilities. performer • sport • official • audience/spectator • Hawkeye, Television Match Official etiquette • sportsmanship • gamesmanship • contract to compete, performance enhancing drugs, stimulants • narcotic analgesics • anabolic agents • peptide hormones (EPO) • diuretics, hooliganism Hooliganism	
Revision and Recap Health & Fitness Sports Psychology	Obesity, Somatotypes, Nutrition, Energy, Water Targets, SMART, input, decision making, output and feedback, selective attention, memory, intrinsic, extrinsic extrinsic/intrinsic, positive/negative, knowledge of results/knowledge of performance visual, verbal, manual, mechanical Arousal, The relationship between arousal level and performance level deep breathing, mental rehearsal/visualisation/imagery, positive self talk introvert, extrovert, aggression, motivation, indirect, direct	
Coursework Preparation Rounders	Identify skills and rules of a sport, Analyse skills and break down into 3 phases - Preparation, Execution, Recovery Analysis of performance Identify the Impact of skill and fitness strength and weaknesses on performance Analysis of performance action plan informed by the fitness weakness Action plan for fitness weakness Apply SPORT & FITT to the action plan Application of FITT and SPORT to action plan	