

<b>Physical Education Year 11 AQA Cycle 1: Outstanding Content for Entire Course.</b> Students will develop their knowledge and understanding of the seasonal training, injury prevention, aggression, motivation and spectator behaviour through the following content.		Name:	Target Grade
		Grade currently working at:	
Learners will be expected to know and understand:  <b>1. SEASONAL TRAINING</b> I can explain the 3 stages of a season, pre, competition and post season I am able to identify what types of training occur during the three stages of a season, outlining the benefit to performance  <b>2. INJURY PREVENTION</b> I am able to explain the different ways to prevent injury such as correct technique, warming up, taping, hydration etc I am able to justify how these strategies prevent injuries  <b>3. AGGRESSION</b> I am able to define what aggression is I can explain using sporting examples the difference between direct and indirect aggression  <b>4. MOTIVATION</b> I am able to define what motivation is I can explain using sporting examples the difference between intrinsic and extrinsic motivation I know the difference between tangible and intangible motivation within extrinsic motivation  <b>5. SPECTATOR BEHAVIOUR</b> I am able to identify and justify advantages of spectators in sport I am able to identify and justify the disadvantages of spectators in sport I can define hooliganism, outlining reasons why it exists, I can explain strategies to prevent hooliganism		8-9 I can evaluate the stages of a season justifying the benefits of training within each of the 3 stages. I can outline and explain numerous injury prevention strategies. I can analyse the difference between indirect and direct aggression. I am able to assess the comparison between extrinsic and intrinsic motivation, linking to tangible and intangible rewards. I am able to analyse the impact of hooliganism on sport and competently explain strategies to overcome this in sport.	
		6-7 I can assess the stages of a season identifying some of the benefits of training within each of the 3 stages I can outline and explain some injury prevention strategies. I can explain what indirect and direct aggression are. I am able to assess extrinsic and intrinsic motivation. I am able to explain the impact of hooliganism on sport and explain some strategies to overcome this in sport.	
		4-5 I can state the stages of a season identifying some training within each of the 3 stages. I can outline and describe some injury prevention strategies. I can describe what indirect and direct aggression are. I am able to define extrinsic and intrinsic motivation. I am able to define hooliganism in sport and describe some strategies to overcome this in sport.	
<b>Key Words:</b> PRE SEASON, COMPETITION, POST SEASON, AGGRESSION, INDIRECT AND DIRECT, INTRINSIC AND EXTRINSIC MOTIVATION, HOOLIGANISM	<b>Numeracy :</b>	<b>Careers:</b> Sports Coach, Physiotherapy, Sports psychologist, Sports coach/manager, personal trainer	
<b>End Cycle Assessment</b>		<b>Exam Technique</b>  Read, Decode, Plan, Answer Plan: PEE	
<b>What Went Well (WWW)</b>		<b>Even Better If EBI</b>	
<b>Teacher comment;</b>			