

Meden School Curriculum Planning							
Subject	A Level	Year Group	13	Sequence No.	7-8	Topic	Stress Management to optimise performance

Retrieval	Core Knowledge	Student Thinking
What do teachers need to retrieve from students before they start teaching new content ?	What specific ambitious knowledge do teachers need to teach students in this sequence of learning?	What real life examples can be applied to this sequence of learning to development of our students thinking, encouraging them to see the inequalities around them and 'do something about them!'
<p>Students own knowledge and understanding of sport</p> <ul style="list-style-type: none"> - students prior sporting experience, through playing or spectating or teaching, may have developed some level of knowledge in aspects of topics covered in this unit. <p>KS4 Curriculum</p> <ul style="list-style-type: none"> - students will have had personal development lessons where stress would have been delivered and coping techniques for stress would have been explored <p>KS3 Curriculum</p> <ul style="list-style-type: none"> - Regularly performed a wide range of sports and will have knowledge of the individual skills needed for those sports. They will be able to identify them and will have understanding on how they are performed. - Students will have been given stressful and pressurised 	<p>Students will be able to give a clear definition of stress including the specific differences between cognitive and somatic stress.</p> <p>They will then apply the affect it has on sporting performance, whilst making links to previous topics such as anxiety/arousal. Students will then explain a wide range of causes of stress. They will then be able to relate those causes of stress to a wide range of sporting examples.</p> <p>Students will then analyse the various methods of managing stress. They will look at the following methods:</p> <p>The use of cognitive stress management techniques:</p> <ul style="list-style-type: none"> • positive thinking/self-talk • negative thought stopping • rational thinking • mental rehearsal • imagery • goal setting • mindfulness <p>The use of somatic stress management techniques:</p> <ul style="list-style-type: none"> • progressive muscular relaxation • biofeedback • centring technique • breathing control 	<p>Each week, a key theme will run through all PE lessons linked to real life examples. These will be linked to the particular learning outcome the students are on at the time and will be consistent across the department. The aim will be for students to develop their thinking, recognise the inequalities within sport (linked to the topic) and do something about them. In the 'teaching' lessons, students will be provided with a starter to challenge stereotypes in sport and then an activity linked to heading being covered where they can 'do something about them.'</p> <ol style="list-style-type: none"> 1. Physical Activity Government Guidelines and Recommendations - students should have 60 minutes of moderate to high intensity exercise every day. Do they get this? How? 2. Barriers to Participation for Children and Teenagers 3. Solutions to the Barriers 4. Current Issues in Sport/Sport in the News - Linked to the impact of PE on Mental, Physical or Social Health 5. Physical Benefits of Sport and PE on the Body 6. Social Benefits of Sport and PE on the Body 7. ME in PE – Couch to 5km and Meden Park Run Challenge – Students are introduced to two free

<p>situations in a range of sports, so will be able to relate to this topic</p> <ul style="list-style-type: none"> - Boys and Girls all do the same sports on the curriculum to challenge stereotypes and raise awareness of opportunities for them to get involved e.g. Mansfield Rugby Club for Girls <p>Extra Curricular/Clubs</p> <ul style="list-style-type: none"> - Students will have their own knowledge of the sports they regularly participate within and will be able to relate to these within their work - All students will be given a breadth of extra-curricular opportunities to allow them to perform further in the key sports discussed in this topic - Students will have viewed sports that will be discussed and may understand how it can be learned as a performer or taught as a coach/teacher - Ideally, students will compete in sport outside of school - Students could also draw upon real-life experiences to aid their understanding, for example, dealing with stress of exams. 	<p>Students will explain how each of the methods work before applying them to sporting examples. They will compare and contrast their uses for different sports/skills/occasions/performers and make a judgement on what method is the most appropriate.</p>	<p>activities that they can get involved in. Designed to improve physical, social and mental health within PE</p> <ol style="list-style-type: none"> 8. Popularity of Sport in the UK – what are the current trends for the most popular sport in the UK. Why are they the most popular sports? 9. Emerging/Growing Sports in the UK – which sports are new to the UK? How can we make them more popular? 10. National Governing Bodies – What is their role within a sport? What are the key NGB's for each sport? 11. Major Sporting Events – What are they? When and where do they occur? 12. Olympic Creed and Olympic Values 13. Current Issues in Sport/Sport in the News – Linked to new sports, growing sports or a major sporting event occurring 14. ME in PE – Couch to 5km and Meden Park Run Challenge – Students are introduced to two free activities that they can get involved in. Designed to improve physical, social and mental health within PE 15. Sporting Values – Excellence – Linked to Role Models and demonstrating excellence within a sport 16. Sporting Values - Tolerance and Respect 17. Sporting Values – Fair play 18. Sporting Values – Teamwork and Inclusion 19. Sporting Values - Citizenship 20. ME in PE – Couch to 5km and Meden Park Run Challenge – Students are introduced to two free activities that they can get involved in. Designed to improve physical, social and mental health within PE
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