

High Tunstall College of Science Curriculum Intent

Subject: Physical Education      Year: 11   Half Term 2



## Topic: Arousal

	Physical Education	Progress		
Topic	Key ideas	R	A	G
Arousal	I can define the term arousal.			
	I can draw the inverted U theory on a graph and describe what happens to performance level as arousal level increases and decreases.			
	I can identify the key somatic and cognitive strategies used to control			

Lesson	Learning Focus	Assessment	Key Words
1	Arousal / Inverted U theory	Topic Test	Arousal definition / inverted U theory, under/optimal/over arousal.
2	Optimal arousal linked to gross and fine motor skills.	Topic Test	Gross, fine, motor skills
3	Controlling arousal (Somatic and cognitive techniques)	Topic Test	Deep breathing, mental rehearsal, imagery, visualisation, positive self talk.
4	Exam Question Technique Practice	Peer and Teacher, Formative During lesson using model an-	Knowledge, Apply Impact
5	Topic Test	Summative	KAI