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| **GCSE PE**  **NEA Performance Analysis** | **Unit Navigator** | | | | |
| In this unit you will apply your knowledge of fitness components, training methods and training intensities within your coursework The aims are as follows:  **LG1**: Knowledge  **LG2**: Application  **LG3**: Skills | |  | | | |
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| **Lesson Title.** | **Learning Goals/Outcomes/Content** | |  |  |  |
| **Lesson 1**  **Personal fitness strengths** | LG1 - To know and identify their personal fitness strength.  LG2 – To apply knowledge to create a personalised prompt sheet through correct understanding of the assessment criteria.  LG2 – To apply knowledge create two examples of how their fitness strength impacted their performance.  LG3 – To show/demonstrate their understanding by being able to justify in detail their fitness strength and validate this with multiple links to their performance.  LG3 – To show/demonstrate an in-depth understanding of above topic within their coursework. | |  |  |  |
| **Lesson 2**  **Personal fitness weakness** | LG1 - To know and identify their personal fitness weakness.  LG2 – To apply knowledge create two examples of how their fitness weakness impacted their performance.  LG3 – To show/demonstrate the ability to justify in detail their fitness weakness and validate this with multiple links to their performance.  LG3 – To show/demonstrate an in-depth understanding of above topic within their coursework. | |  |  |  |
| **Lesson 3**  **Personal skill/tactic strength** | LG1 - To know and identify their personal skill/tactic strength.  LG2 – To apply two examples of how their skill/tactic strength impacted their performance.  LG3 – To show/demonstrate the ability to justify in detail their skill/tactic strength and validate this with multiple links to their performance.  LG3 – To show/demonstrate an in-depth understanding of above topic within their coursework. | |  |  |  |
| **Lesson 4**  **Personal skill/tactic weakness** | LG1 - To know and identify their personal skill/tactic weakness.  LG2 – To apply two examples of how their skill/tactic weakness impacted their performance.  LG3 – To show/demonstrate the ability to justify in detail their skill/tactic weakness and validate this with multiple links to their performance.  LG3 – To show/demonstrate an in-depth understanding of above topic within their coursework. | |  |  |  |
| **Lesson 5**  **Action Plan 1 : Training plan** | LG1 - To know suitable training method appropriate to improve their personal fitness weakness  LG2 – To apply their understanding of training methods to create a basic training plan.  LG3 – To show/demonstrate the ability to apply their understanding of training methods and their particular needs to create a detailed and personalised training plan.  LG3 – To show/demonstrate an in-depth understanding of above topic within their coursework. | |  |  |  |
| **Lesson 6**  **Action Plan 1 : Training plan justification** | LG2 – To apply their understanding of training methods to justify briefly their training plan.  LG3 – To show/demonstrate the ability to apply their understanding of training methods and their particular needs to justify in detail their personalised training plan.  LG3 – To show/demonstrate an in-depth understanding of above topic within their coursework. | |  |  |  |
| **Lesson 7**  **Action Plan 2 : Other area of specification** | LG1 - To know a suitable area of the specification appropriate to improve their personal skill/tactic weakness  LG2 – To apply their understanding of a suitable area of the specification appropriate to improve their personal skill/tactic weakness.  LG3 – To show/demonstrate the ability to apply their understanding of a suitable area of the specification appropriate to improve their personal skill/tactic weakness in in-depth detail.  LG3 – To show/demonstrate an in-depth understanding of above topic within their coursework. | |  |  |  |
| **Lesson 8**  **Action Plan 2 : Other area of specification Justification** | LG2 – To apply justification briefly their understanding of an area of the specification appropriate to their personal needs.  LG3 – To show/demonstrate the ability to justify profoundly their understanding of an area of the specification appropriate to their personal needs.  LG3 – To show/demonstrate an in-depth understanding of above topic within their coursework. | |  |  |  |

**Links:**

LG1: Basic knowledge of the fitness components, training methods, guidance and feedback, motivation, arousal, information processing model which is taught throughout yr9,10&11.

LG2: Application of the above content learnt in yr9 & 10 being applied to create two action plans based upon their own performance weaknesses. LG3: Revision and analysis skills are crucial for pupils to be able to identify errors and learn from mistake to ensure a stronger future grade