



S3 National 5 Physical Education



Week	1- Theory	2 – Theory/Practical	3 - Practical	4- Homework
1 12/8	<p>Introduction to command words: Describe and explain</p> <p>Andy Murray: Paint a picture</p> <p>Introduce 4 Factors</p> <p>How can they affect your performance-positively or negatively?</p> <p>How do these impact your ability in various sports? Video examples.</p>	<p>Cycle of analysis</p> <p>Go over the full cycle and how it works in National 5</p> <p>Explanation of Methods of Gathering Data for the following week.</p>	<p>Skill development</p> <p>Game</p>	
2 19/8	<p>Introduction into Factor 1: Physical</p> <p>-Sub factors and how they impact performance</p> <p>-Intro into describe and explain questions</p>	<p>-Explain how the physical factor impacts your performance</p> <p>Explanation of PEE chain</p>	<p>Initial testing- fitness testing: Illinois agility test/ Multi-stage fitness test/ Cooper run/ Body weight exercises</p> <p>Skill Development</p> <p>Games</p>	<p>Homework 1 issued</p> <p>Explain the impact the physical Factor has on your performance (3 Marks)</p>
3 26/8	<p>-Describe the method used to gather data on factor 1</p>	<p>Gathering information on strengths and weaknesses</p>	<p>Skill Development</p>	<p>Homework issued: Describe question</p>



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	-Use lesson to answer the question		Game	
4 2/9	Re-cap over describe question and explain Pupils highlight/select what areas of the Factor they wish to improve/develop. Methods of developing for factor 1 Fartlek SAQ training Interval training	Pupils highlight/select what areas of the Factor they wish to improve/develop. Develop a session for improving this sub factor	Pupils carry out initial session themselves Game	Homework issued Describe question
5 9/9	Pupils taking the start of the lesson to create a mini PDP for the factor Explanation of SMART targets Describe an approach you used to improve the physical factor	Methods of training Create a personal development programme (4 sessions- if don't complete in class complete for next lesson)	Session 1 of PDP	HW: Describe an approach
6 16/9	Recap of physical fitness Begin Physical Skill General observation schedule in class	Physical Skill Football/Hockey Video analysis of Hockey performance	Focussed observation schedule PAR sheet: Pupils pick there weakness and carry-out a focussed observation schedule for their weakness	Describe a method of gathering data for the physical factor



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23/9	Describe an approach that you used to develop the physical factor: Test Revision	Shadow practise/repetition practise	Skill development/Games	Describe an approach that you used to develop the physical factor
30/9	Test: Physical factor	Pressure drills/Conditioned game	Games	Revision
7/10	Games	Games	Games	
21/10	Introduction into Factor 1: Social: basketball/Volleyball -Sub factors and how they impact performance -Intro into describe and explain questions	Introduction into sport	Initial testing- PPW Skill Development Games	Homework 1 issued Explain the impact the Social Factor has on your performance (3 Marks)
3 28/10	-Describe the method used to gather data on Social factor: PPW -Use lesson to answer the question	Gathering information on strengths and weaknesses	Skill Development Game	Describe a method HW
4 4/11	Re-cap over describe question and explain Pupils highlight/select what	Volleyball drills Paired drills Small sided games	Team building exercises: Capture the flag Cross the pond	Homework issued



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	areas of the Factor they wish to improve/develop: Roles and responsibilities Methods of developing for Social factor: Team Building exercises		Blind fold exercises	
5 11/11	Explain why you selected this method to gather data on your performance (2 marks)	Volleyball drills Paired exercises Small sided games	Team building exercises Games	HW: Explain why you selected this method
6 18/11	Describe an approach you used to improve the Social factor (4 marks)	Volleyball drills Skills practises	Team building exercises Games	Describe an approach
7 25/11	Revision for test	Volleyball drills Skills practises	Team building exercises Games	HW: Revision
8 2/12	Games Assessment/Tournament	Games Assessment/Tournament	<u>Unit Test</u>	



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1 6/1	Re-cap on the social factor Pupils receive test scores Pupils still to sit the test will sit	Sport number 3	Skill development Game	
2 13/1	Introduction into Factor 3+4: Mental and Emotional -Sub factors and how they impact performance -Intro into describe and explain questions	-Explain how the physical factor impacts your performance Explanation of PEE chain	Initial testing- Mental toughness questionnaire	Homework 1 issued Explain the impact the physical Factor has on your performance (3 Marks)
3 20/1	-Describe the method used to gather data on factor 1 -Use lesson to answer the question	Gathering information on strengths and weaknesses	Skill Development Game	HW: Describe a method
4 27/1	Describe an approach used to develop performance	Pupils highlight/select what areas of the Factor they wish to improve/develop. Develop a session for improving this sub factor	Pupils carry out initial session themselves Game	Homework issued PDP
5	Re-cap over describe	Methods of training	Session 1 of PDP	



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3/2	question and explain Pupils highlight/select what areas of the Factor they wish to improve/develop. Methods of approach factor 1 Visualisation Self-talk	Why is it important to set targets? Create a personal development programme (4 sessions- if don't complete in class complete for next lesson)		
6 10/2	Revision	Session two of PDP	Session 3 of PDP	HW: Describe the approaches
7 17/2	Revision for test	Revision for test	Final PDP session	HW: Revision
8 24/2	Games Assessment/Tournament	Games Assessment/Tournament	<u>Unit Test</u>	



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1 3/3	Presentation: MESP Pupils are given a specific sport Presentation should include: <ol style="list-style-type: none">1. History of the sport2. Why each factor is important in the sport3. Example of an athlete and what there strengths and weaknesses are4. Images5.		<u>HW due</u>	PowerPoint
2 10/3	Finish PowerPoints			Revision for powerpoint
3 17/3	Presentation week	Presentation	Presentation	
24/3	Presentation	Presentation	Presentation	