



Big Thinking - PE

This academic year Physical Education students have focused on socio cultural issues and sports psychology. Students have worked hard to master knowledge in these areas but often struggle to apply it to exam questions. Part of this issue could be down to relating course material to the 'big picture' and how it can fit into current affairs in the sporting world. Over the summer break we would like student to focus on their application skills. Therefore summer work will culminate in coursework preparation and gaining a deeper understanding.

- The world cup is possibly the most popular sporting stage attracting a huge audience from around the globe. With extremely high viewing numbers comes media attention, advertising and the term 'commercialisation'. Research into commercialisation of the world cup would be an excellent way to improve understanding of the content they studied this year.
- Reading sporting journals are also a great way to provide context to the information studied on the course. With penalties making headlines again students could delve deeper into sports psychology and the mental preparation techniques required for success in what essentially is a 12- yard pass. Other topics they could search journals for are:
 - Short term effects of exercise.
 - Long term effect of exercise
 - Training to improve performance (in a sport of their choice)
 - How nutrition can affect performance
- Reading a good quality newspaper is also an excellent way for students to bring the material they have studied to life. Students should look to access online articles into the importance of successful coaching. Why did England exceed most people's expectations? Why were Argentina so poor?

- Finally there are some excellent podcasts that students can listen to for enjoyment more than anything else. 'Savage, Flintoff and the Ping Pong Guy' always provide an entertaining listen and often topics are relevant to success in the sporting arena and at times GCSE PE.

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