

Subject: A Level PE Year 12

| Content Delivered Core knowledge | | | | | |
|--|--|---|--|---|--|
| Paper 1; Physiology | | Paper 2 Psychological Factors | | Paper 3 Socio-cultural Issues 4; NEA | |
| Autumn 1 Sept- Oct | Autumn 2 Nov-Dec | Spring 1 Jan-Feb | Spring 2 March-April | Summer 1 April- May | Summer 2 June- July |
| Key curriculum skills | | | | | |
| AO4; Students are continually training and competing in their chosen practical sport in order to develop the range and quality of their practical skills and to increase their decision making capability. | | | | | |
| Understanding and utilising command words effectively in written responses; the ability to identify, define, outline (AO1), describe, explain, compare and evaluate (AO3). Relate knowledge and understanding to practical examples (AO2) | | | | | AO4; To start to develop an ability to analyse and evaluate a performance. |
| Key Knowledge (Cultural Capital and Content): | | | | | |
| <p>Applied A and P:</p> <ul style="list-style-type: none"> Skeletal and muscular systems. <p>Skill Acquisition.</p> <ul style="list-style-type: none"> Classification of skills Types and methods of practice. Transfer of skills. Principles and theories of learning movement skills. <p>Sport & Society;</p> <ul style="list-style-type: none"> Emergence and evolution of modern sport. Sport in the 21st century. | <p>Applied A and P:</p> <ul style="list-style-type: none"> Cardiovascular system. <p>Skill Acquisition.</p> <ul style="list-style-type: none"> Stages of learning. Guidance. Feedback. <p>Sport & Society;</p> <ul style="list-style-type: none"> Global sporting events <p>Contemporary Issues;</p> <ul style="list-style-type: none"> Ethics & deviance | <ul style="list-style-type: none"> Respiratory system. Memory models <p>Contemporary Issues;</p> <ul style="list-style-type: none"> Ethics & deviance cont Commercialisation & media | <ul style="list-style-type: none"> Environmental effects on body systems; Altitude: Heat. <p>Sport psychology;</p> <ul style="list-style-type: none"> Individual differences: personality, attitudes, motivation, arousal, anxiety, aggression, social facilitation <p>Contemporary Issues;</p> <ul style="list-style-type: none"> Routes to sporting excellence. Modern Technology | <ul style="list-style-type: none"> Diet and Nutrition Preparation and training methods; Link to EAPI <p>Sport psychology;</p> <ul style="list-style-type: none"> Group and team dynamics in sport | <ul style="list-style-type: none"> Ergogenic Aids Periodisation · Aerobic capacity & V02 Max <p>Sport psychology;</p> <ul style="list-style-type: none"> Goal setting in sports performance |
| Assessment | | | | | |
| AO1; Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. | | | | | |
| AO2; Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. | | | | | |
| AO3; Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport. | | | | | |
| AO4; Demonstrate and apply relevant skills and techniques in physical activity and sport. | | | | | |

| | | | |
|--|--|--|--|
| Analyse and evaluate performance. | | | |
| End of unit tests in each discreet area bullet pointed above. Practice exam questions | Mock exams; 2 papers with correct formatting. Socio/ combined A&P and Skill | End of unit tests in each discreet area bullet pointed above. Practice exam questions incorporating extended writing questions. | Mock exams; 3 papers H555 03/02/shortened 01 paper |
| Literacy Curriculum | | | |
| Reading; Encouragement to read related topical articles related to knowledge aspects. Writing; Practice question responses in prose incorporating 2/3/ 4/5/6 mark questions building to an extended response incorporating various knowledge aspects. Oracy; Lessons include verbal recall, group discussions and debate. Think-pair –share/say it again say it again with more clarity. | | | |
| Home Learning | | | |
| Past exam questions set across topic areas. Everlearner; revisit in terms of consolidating knowledge. Creation of revision resources. | | | Research into specific skills for their chosen sport and potential areas of strength and weakness. |

Subject: A LEVEL PE Year Group; Year 13

| Content Delivered Core knowledge | | | | | |
|---|--|---|---------------------------------------|---------------------------------------|-------------------------|
| Paper 1; Physiology | | Paper 2; Psychological Factors | | Paper 3; Socio-cultural Issues 4; NEA | |
| Autumn 1 Sept- Oct | Autumn 2 Nov-Dec | Spring 1 Jan-Feb | Spring 2 March-April | Summer 1 April- May | Summer 2 June- July |
| Key curriculum skills | | | | | |
| AO4; Students are continually training and competing in their chosen practical sport in order to develop the range and quality of their practical skills and to increase their decision making capability. Analysis and evaluation of a practical performance. Revision strategies. | | | | | |
| Understanding and utilising command words effectively in written responses; the ability to Identify, define, outline (A01), describe, explain, compare and evaluate (AO3). Relate knowledge and understanding to practical examples (AO2) | | | | | |
| Key Knowledge; (Cultural Capital and Content) | | | | | |
| Biomechanics; Principles Levers Technology | Biomechanics; Linear Motion Angular Motion | Biomechanics; Fluid Mechanics Projectile Motion | Injury prevention and rehabilitation. | Revision for paper 1, 2 &3 | Revision for paper 2 &3 |

| | | | | | |
|---|--|--|----------------------------------|--------------------|--|
| Energy for exercise: ATP & Energy Transfer Energy Systems Sport psychology; Attribution | Energy for exercise: Recovery Process Strength Sport psychology; Confidence and self- efficacy in sport. Leadership in sport. | Flexibility Sport psychology; Stress management to optimize performance. | | | |
| EAPI delivery in relation to the students chosen sport. | | | | | |
| Assessment | | | | | |
| AO1; Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO2; Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO3; Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport. AO4; Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance. | | | | | |
| End of unit tests in the discreet key knowledge areas. Practice exam questions incorporating extended writing questions. | End of unit tests in the discreet key knowledge areas. Mock exams 3 papers with exam formatting. H555 01/02/03. Practice EAPI assessments | End of unit test injury and injury prevention. Completion of practical grades including log books & EAPI in full. Compiled papers to work through. | Practical moderation. Paper 1 | Paper 2 Paper 3 | |
| Literacy Curriculum | | | | | |
| Reading; Encouragement to read related topical articles related to knowledge aspects. Reading/researching practice drills for their chosen sport. Writing; Practice question responses in prose incorporating 2/3/ 4/5/6 mark questions building to an extended response incorporating various knowledge aspects. Oracy; Lessons include verbal recall, group dissuasions and debate. The EAPI is verbal response assessment practice for this task will be scaffolded over time. | | | | | |
| Home Learning | | | | | |
| Past exam questions set across topic areas. Everlearner; revisit in terms of consolidating knowledge. Creation of revision resources. | | | | | |
| Research into video performances linked to the EAPI | EAPI set tasks both written and verbal. | Injury past questions | Revision tasks set as required. | | |