

KS5 Curriculum Overview (A LEVEL PE)

Year 12

TERM 1 TOPIC/s	*Key Skills/Subject Links	*Career links & BV
<p>H155-02: Psychological Factors Affecting Performance Classifications, methods of practice, skill transfer, theories of learning</p> <p>H155-01: Physiological Factors Affecting Performance</p> <ul style="list-style-type: none"> 1.1 - Applied Anatomy & Physiology <ul style="list-style-type: none"> 1.1a - Skeletal and Muscular Systems <p>H155/02: Socio-cultural Themes in Physical Education Pre-industrial Britain and post-1850 Industrial Britain</p>	<ul style="list-style-type: none"> Application of real world examples to theoretical content Interpretation of graphs and data Links to Science, Health and Social Care 	<p>Athlete, Coach, Dietitian, Sport Psychologist, Physiotherapist, Doctor, Journalist, Nurse, PT, Teacher, Fireman, Army, Gym Manager, Sports Therapist</p> <p>BV - Inclusion of all students, encouragement of curiosity, time for reflection, positive behaviour, opportunities to try new skills / activities to understand concepts and consider other perspectives</p>
TERM 2 TOPIC/s	*Key Skills/Subject Links	*Career links & BV
<p>H155-02: Psychological Factors Affecting Performance Skill Classification Stages of learning, guidance, feedback</p> <p>H155-01: Physiological Factors Affecting Performance</p> <ul style="list-style-type: none"> 1.1 - Applied Anatomy & Physiology <ul style="list-style-type: none"> 1.1b - Cardiovascular and Respiratory Systems <p>H155/02: Socio-cultural Themes in Physical Education Post-1850 Industrial Britain and 20th Century Britain</p>	<ul style="list-style-type: none"> Identify, describe, explain Interpretation of graphs and data Links to Science 	<p>Athlete, Coach, Dietitian, Sport Psychologist, Physiotherapist, Doctor, Journalist, Nurse, PT, Teacher, Fireman, Army, Gym Manager, Sports Therapist, Perfusionist</p> <p>Tolerance of others</p>
TERM 3 TOPIC/s	*Key Skills/Subject Links	*Career links & BV
<p>H155-02: Psychological Factors Affecting Performance Personality, attitudes, motivation, arousal</p> <p>H155-01: Physiological Factors Affecting Performance</p> <ul style="list-style-type: none"> 1.2 - Exercise Physiology <ul style="list-style-type: none"> 1.2a - Diet and Nutrition <p>H155/02: Socio-cultural Themes in Physical Education 21st Century Britain</p>	<ul style="list-style-type: none"> Presentation and debating skills Strong links with A Level Psychology Links to Science, Food and Nutrition Supporting a healthy, active lifestyle and making appropriate diet choices 	<p>Athlete, Coach, Dietitian, Sport Psychologist, Physiotherapist, Doctor, Journalist, Nurse, PT, Teacher, Fireman, Army, Gym Manager, Sports Therapist</p> <p>Tolerance of others, Individual Liberty</p>
TERM 4 TOPIC/s	*Key Skills/Subject Links	*Career links & BV

<p>H155-02: Psychological Factors Affecting Performance Anxiety, aggression, social facilitation</p> <p>H155-01: Physiological Factors Affecting Performance</p> <ul style="list-style-type: none"> • 1.2 - Exercise Physiology - 1.2b - Preparation and Training Methods <p>H155/02: Socio-cultural Themes in Physical Education 21st Century Britain and The Modern Olympic Games</p>	<ul style="list-style-type: none"> ▪ Identify, describe, explain a range of theories ▪ Present an evaluation of a theory to others ▪ Interpretation of graphs and data ▪ Links to Dance ▪ Making the correct lifestyle choices to be fit / healthy 	<p>Athlete, Coach, Dietitian, Sport Psychologist, Physiotherapist, Doctor, Journalist, Nurse, PT, Teacher, Fireman, Army, Gym Manager, Sports Therapist</p>
TERM 5 TOPIC/s	*Key Skills/Subject Links	*Career links & BV
<p>H155-02: Psychological Factors Affecting Performance Group and team dynamics, goal setting</p> <p>H155-01: Physiological Factors Affecting Performance</p> <ul style="list-style-type: none"> • 1.3 - Biomechanics - 1.3a - Biomechanical Principles and the Use of Technology <p>H155/02: Socio-cultural Themes in Physical Education The Modern Olympic Games and Hosting Global Sporting Events</p>	<ul style="list-style-type: none"> ▪ Analyse and evaluate theories ▪ Use of formulae, equations and units of measurement ▪ Links to Science 	<p>Athlete, Coach, Dietitian, Sport Psychologist, Physiotherapist, Doctor, Journalist, Nurse, PT, Teacher, Fireman, Army, Gym Manager, Sports Therapist</p> <p>Tolerance of others, Democracy</p>
TERM 6 TOPIC/s	*Key Skills/Subject Links	*Career links & BV
<p>EAPI Preparation</p> <p>Revision and Mock Exam</p>	<ul style="list-style-type: none"> ▪ Independent work ▪ Analyse and evaluate a practical performance ▪ Literacy skills – extended writing, key terminology and SPAG 	<p>Athlete, Coach, Dietitian, Sport Psychologist, Physiotherapist, Doctor, Journalist, Nurse, PT, Teacher, Fireman, Army, Gym Manager</p>

KS5 Curriculum Overview (A LEVEL PE)

Year 13

TERM 1 TOPIC/s	*Key Skills/Subject Links	*Career links & BV
<p>H555-02: Psychological Factors Affecting Performance</p> <p style="text-align: center;">Memory Models, attribution</p> <p>H555-01: Physiological Factors Affecting Performance</p> <ul style="list-style-type: none"> • 1.1 - Applied Anatomy & Physiology - 1.1c - Energy Systems <p>Contemporary Issues in Physical Activity and Sport</p> <ul style="list-style-type: none"> • drugs and doping in sport • legal supplements versus illegal drugs and doping • reasons why elite performers use illegal drugs/doping • consequences/implications to: – society – sport – performers • strategies to stop the use of illegal drugs and doping • violence in sport • causes in relation to players and spectators • implications to: – society – sport – performers • strategies to prevent violence in relation to players and spectators • gambling in sport • match fixing/bribery • illegal sports betting. 	<ul style="list-style-type: none"> ▪ Identify, apply, evaluate ▪ Link to A Level Psychology ▪ Interpretation of graphs and data 	<p>Athlete, Coach, Dietitian, Sport Psychologist, Physiotherapist, Doctor, Journalist, Nurse, PT, Teacher, Fireman, Army, Gym Manager, Sports Therapist</p>
TERM 2 TOPIC/s	*Key Skills/Subject Links	*Career links & BV
<p>H555-02: Psychological Factors Affecting Performance</p> <p style="text-align: center;">Confidence, self efficacy and leadership in sport</p> <p>H555-01: Physiological Factors Affecting Performance</p> <ul style="list-style-type: none"> • 1.1 - Applied Anatomy & Physiology - Environmental Effects on the Body • 1.2 - Exercise Physiology - The Effects of Diet and Nutrition on Physical Activity and Performance 	<ul style="list-style-type: none"> ▪ Interpretation of graphs and data ▪ Links to science, food and nutrition ▪ Making the correct choices for an active and healthy lifestyle 	<p>Athlete, Coach, Dietitian, Sport Psychologist, Physiotherapist, Doctor, Journalist, Nurse, PT, Teacher, Fireman, Army, Gym Manager, Sports Therapist</p> <p style="text-align: center;">Mutual respect</p>

<p>Contemporary Issues in Physical Activity and Sport</p> <ul style="list-style-type: none"> • factors that influence the commercialisation of contemporary physical activity and sport: • growing public interest and spectatorship • more media interest • professionalism • advertising • sponsorship • positive and negative impacts of the commercialisation of physical activity and sport on • society • individual sports • performers • spectators 		
TERM 3 TOPIC/s	*Key Skills/Subject Links	*Career links & BV
<p>EAPI Preparation</p> <p>H555-01: Physiological Factors Affecting Performance</p> <ul style="list-style-type: none"> • 1.2 - Exercise Physiology <ul style="list-style-type: none"> - 1.2b - Preparation and Training Methods to Improve and Maintain Physical Activity and Performance - 1.2c - Injury Prevention and the Rehabilitation of Injury <p>Contemporary Issues in Physical Activity and Sport</p> <ul style="list-style-type: none"> • coverage of sport by the media today and reasons for changes since the 1980s • television – terrestrial – free-to-air – satellite – subscription – pay-per-view • radio – dedicated sports stations – local and national radio • written press – newspapers – magazines • internet • positive and negative effects of the media on sport • individual sports • performers • spectators • relationship between sport and the media • sport as a commodity • links with advertising and sponsorship ('golden triangle'). 	<ul style="list-style-type: none"> ▪ Independent work ▪ Analyse and evaluate a practical performance ▪ Literacy skills – extended writing, key terminology and SPAG ▪ Interpretation of graphs and data 	<p>Athlete, Coach, Dietitian, Sport Psychologist, Physiotherapist, Doctor, Journalist, Nurse, PT, Teacher, Fireman, Army, Gym Manager, Sports Therapist</p>

TERM 4 TOPIC/s	*Key Skills/Subject Links	*Career links & BV
<p>Revision of previous topics and Exam Preparation</p> <p>H555-01: Physiological Factors Affecting Performance</p> <ul style="list-style-type: none"> • 1.3 - Biomechanics <ul style="list-style-type: none"> - 1.3a - Biomechanical Principles, Levers and the Use of Technology - 1.3b - Linear Motion, Angular Motion, Fluid Mechanics and Projectile Motion <p>Contemporary Issues in Physical Activity and Sport</p> <ul style="list-style-type: none"> • development routes from talent identification through to elite performance the role of school, clubs, universities in contributing to elite sporting success • the role of UK Sport and National Institutes in developing sporting excellence/high performance sport • strategies to address drop-out/failure rates from elite development programmes/at elite level. • the extent to which modern technology has affected elite level sport including increased/improved: – access – facilities – equipment – monitoring of exercise – safety General participation • the extent to which modern technology has increased participation including increased/improved: – access – facilities – equipment – monitoring of exercise – safety • the extent to which modern technology has limited or reduced participation including: – cost – the range of alternatives to physical activity and sport Fair outcomes: • the extent to which modern technology has increased fair outcomes including: – better timing devices – increased accountability of officials – more accurate decision making – improved detection of foul play – improved detection of doping • the extent to which modern technology has limited or decreased fair outcomes including: – access to modern technology can be limited – performance enhancing drug testing technology cannot keep up with new drug development – pressure on officials due to the exposure and scrutiny of their decisions. 	<ul style="list-style-type: none"> ▪ Independent work ▪ Identify, apply, evaluate ▪ Literacy skills – extended answers, key terminology and SPAG ▪ Interpretation of graphs and data ▪ Use of formulae, equations and units of measurement ▪ Links to science, engineering 	<p>Athlete, Coach, Dietitian, Sport Psychologist, Physiotherapist, Doctor, Journalist, Nurse, PT, Teacher, Fireman, Army, Gym Manager, Sports Therapist</p>

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<p>Revision of previous topics and Exam Preparation</p> <p>Contemporary Issues in Physical Activity and Sport</p> <p>Entertainment:</p> <ul style="list-style-type: none"> • the extent to which modern technology has increased entertainment including: – action replays – multiple camera angles – slow motion technology – improved analysis – punditry • the extent to which modern technology has reduced or limited entertainment including: – interruption and delay – reduced live attendances. 	<ul style="list-style-type: none"> ▪ Independent work ▪ Identify, apply, evaluate ▪ Literacy skills – extended answers, key terminology and SPAG 	<p>Athlete, Coach, Dietitian, Sport Psychologist, Physiotherapist, Doctor, Journalist, Nurse, PT, Teacher, Fireman, Army, Gym Manager</p>
TERM 6 TOPIC/s	*Key Skills/Subject Links	*Career links & BV
<p>Revision of previous topics and Exam Preparation</p>		