



## A Level PE: Curriculum Overview

### Year 12

Half Term	Topic studied	What will I learn?	How will I be assessed?
Year 12 Autumn 1	<u>Applied anatomy and Physiology</u> 1.1 – Skeletal and Muscular system  <u>Sport and society</u> 6.1 – Emergence and evolution of modern sport  <u>Skill Acquisition</u> 4.1 – Classification of skills 4.2 – Types of method and practice	<ul style="list-style-type: none"> <li>• Joints, muscles and movement; Functional roles of muscles and types of contraction; Analysis of movement; Skeletal muscle contraction; Muscle contraction during exercise of different intensities and during recovery</li> <li>• how social and cultural factors shaped the characteristics of, and participation in, sports and pastimes in pre-industrial Britain</li> <li>• how contemporary factors are shaping the characteristics of, and participation in, sport in the 21st century:</li> <li>• justification of placement of skills on continua:</li> <li>• characteristics and uses of each type of practise</li> <li>• part practice - whole practice - whole-part-whole practice - progressive-part practice - massed practice - distributed practice - fixed practice - varied practice.</li> </ul>	Class teacher assessment and classwork/ homework pieces. End of unit test Past paper assessments will be common at this time of the course.
Year 12 Autumn 2	<u>Applied anatomy and Physiology</u> 1.2 – Cardiovascular and respiratory systems <u>Sports Psychology</u> 5.1 – Individual difference	<ul style="list-style-type: none"> <li>• Cardiovascular system at rest</li> <li>• Cardiovascular system during exercise of differing intensities and during recovery</li> <li>• Personality; Attitudes; Motivation; Arousal; Anxiety</li> </ul>	Class teacher assessment and classwork/ homework pieces. End of unit test Past paper assessments will be common at this time of the course.
Year 12 Spring 1	<u>Applied anatomy and Physiology</u> 1.2 – Cardiovascular and respiratory systems	<ul style="list-style-type: none"> <li>• Respiratory system at rest</li> <li>• Respiratory system during exercise of differing intensities and during recovery</li> </ul>	Class teacher assessment and classwork/ homework pieces. End of unit test Past paper assessments will be common at this time of the course.
Year 12 Spring 2	<u>Skill Acquisition</u> 4.3 – Transfer of skills 4.4 – Learning theories  <u>Sport and society</u> 6.2 – Sport in the 21 <sup>st</sup> Century	<ul style="list-style-type: none"> <li>• Types of transfer: - positive - negative - proactive - retroactive – bilateral; know and understand the ways of optimising the effect of positive transfer; know and understand the ways of limiting the effect of negative transfer; how contemporary factors are shaping the characteristics of, and participation in, sport in the 21st century.</li> </ul>	Class teacher assessment and classwork/ homework pieces. End of unit test Past paper assessments will be common at this time of the course.
Year 12 Summer 1	<u>Sport and society</u> 6.3 – Global sporting events <u>Skill Acquisition</u> 4.5 – Stages of learning guidance and feedback	<ul style="list-style-type: none"> <li>• The modern Olympic Games - background and aims (1896) - political exploitation of the Olympic Games</li> <li>• hosting global sporting events - positive and negative impacts on the host country/city of hosting a global sporting event</li> <li>• characteristics of the stages of learning; types and uses of guidance; advantages and disadvantages of using each type of guidance; types and uses of feedback; advantages and disadvantages of using each type of feedback.</li> </ul>	Class teacher assessment and classwork/ homework pieces. End of unit test Past paper assessments will be common at this time of the course.
Year 12 Summer 2	<u>Sports Psychology</u> 5.2 – Group and team dynamics and goal setting in sport <u>Biomechanics( Rb)</u> 3.1 – Biomechanical principles: Newton’s laws of motion ,force and the use of technology 3.2 – Biomechanical principles: Stability and lever system	<ul style="list-style-type: none"> <li>• definition of a group; the formation of groups</li> <li>• Steiner’s model of group effectiveness; Ringelmann effect and social loafing; importance and effectiveness of goal setting</li> <li>• Define and apply Newton’s laws of motion; Force</li> <li>• components of a lever system</li> <li>• how each type of technology may be used to optimise performance in sport.</li> </ul>	Class teacher assessment and classwork/ homework pieces. End of unit test Past paper assessments will be common at this time of the course.

