



## A Level PE: Curriculum Overview

### Year 13

Half Term	Topic studied	What will I learn?	How will I be assessed?
Year 13 Autumn 1	<u>Exercise Physiology</u> 2.1 – Diet and nutrition and the effect on Physical activity and performance  2.2 – Preparation and training methods  2.1 – Injury prevention and the rehabilitation of injury  <u>Contemporary issues in physical activity and sport</u> 6.1 – Ethics and deviance in sport 6.2 – commercialisation and media	<ul style="list-style-type: none"> <li>function and importance of the components of a healthy, balanced diet</li> <li>What are Ergogenic aids?</li> <li>use of ergogenic aids; potential benefits and risks</li> </ul> <ul style="list-style-type: none"> <li>Aerobic training-physiological adaptations from aerobic training</li> <li>Strength training-factors that affect strength-methods of evaluating each type of strength-training to develop strength</li> <li>Flexibility training- methods –how to measure – factors affecting</li> <li>Periodisation of training- how to train</li> </ul> <ul style="list-style-type: none"> <li>acute injuries resulting from a sudden stress to the body; chronic injuries resulting from continuous stress to the body; treatment of common sporting injuries</li> </ul> <ul style="list-style-type: none"> <li>drugs and doping in sport; violence in sport; gambling in sport; factors leading to the commercialisation of contemporary physical activity and sport; positive and negative impacts of the commercialisation of physical activity and sport; coverage of sport by the media today and reasons for changes since the 1980s</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 13 Autumn 2	<u>Biomechanics</u> 3.1 – Linear motion 3.2 – Angular motion 3.3 – Fluid mechanics and projectile motion <u>Sports Psychology</u> 5.1 – Attribution in sport 5.2 – Confidence and self – efficacy in sports performance	<ul style="list-style-type: none"> <li>definition of linear motion; creation of linear motion by the application of a direct force through the centre of mass; definition of angular motion; creation of angular motion through the application of an eccentric force about one (or more) of the three axes of rotation; factors that impact the magnitude of air resistance (on land) or drag (in water) on a body or object; factors affecting the horizontal distance travelled by a projectile: – height of release – speed of release – angle of release.</li> </ul> <ul style="list-style-type: none"> <li>definitions of sports confidence and self-efficacy; the impact of sports confidence on - performance - participation - self-esteem.</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 13 Spring 1	<u>Applied anatomy and Physiology</u> 1.1 – Energy for exercise  <u>Contemporary issues in physical activity and sport</u> 6.3 – Routes to sporting excellence in the UK  6.4 – Modern technology in sport	<ul style="list-style-type: none"> <li>Adenosine Triphosphate (ATP) and energy transfer; Energy systems and ATP resynthesis; ATP resynthesis during exercise of differing intensities and durations</li> </ul> <ul style="list-style-type: none"> <li>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</li> </ul> <ul style="list-style-type: none"> <li>Modern technology in Sport – its impact on elite level sport, participation, fair outcomes and entertainment</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 13 Spring 2	<u>Applied anatomy and Physiology</u> 1.2 – Recovery, altitude and heat <u>Sports Psychology</u> 5.3 – Leadership in sport 5.2 – Stress management to optimise performance	<ul style="list-style-type: none"> <li>effect of altitude on the cardiovascular and respiratory systems; effect of heat on the cardiovascular and respiratory systems</li> </ul> <ul style="list-style-type: none"> <li>characteristics of effective leaders; emergent or prescribed leaders; leadership styles - autocratic – democratic; definition and causes of stress; use of cognitive and somatic stress management techniques</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 13 Summer 1	AEPI and revision process	<b><u>A LEVEL PHYSICAL EDUCATION EAPI (EVALUATION AND ANALYSIS OF PERFORMANCE FOR IMPROVEMENT)</u></b> will be visited in Term 3 and students will have opportunity to apply the knowledge and understanding gained in Yr1/2 to the performance watched in order to provide an oral response. <b>The AEPI will be the oral presentation which represents their coursework element on top of their 1 practical grade . This is assessed firstly at school and then is assessed by an external moderator . the grades are produced using the exam boards set criteria</b>	

