

Subject A level Physical Education Year 12

<p>Half term 1</p>	<p>Applied Anatomy and Physiology Students should develop knowledge and understanding of the changes within the body systems prior to exercise, during exercise of differing intensities and during recovery. Students should be able to interpret data and graphs relating to changes within the musculoskeletal, cardio-respiratory and neuro-muscular systems and the use of energy systems during different types of physical activity and sport, and the recovery process.</p> <p>Emergence of Sport in 21st Century In this section, students develop an understanding of popular and rational recreation leading to the emergence of modern sport through to the globalisation of sport in the 21st century. Specifically students should understand the impact of the following social factors on the development of football, tennis and athletics.</p>
<p>Half term 2</p>	<p>Skill Acquisition This section focuses on how skill is acquired and the impact of psychological factors on performance. Students should develop knowledge and understanding of the principles required to optimise learning of new, and the development of existing, skills in a range of physical activities. Students should be able to understand and interpret graphical representations associated with skill acquisition theories.</p> <p>Sport and Society Students should develop knowledge and understanding of the interaction between, and the evolution of, sport and society. Students should be able to understand, interpret and analyse data and graphs relating to participation in physical activity and sport.</p>
<p>Half term 3</p>	<p>Biomechanics Students should develop knowledge and understanding of motion and forces, and their relevance to performance in physical activity and sport. Students should have a knowledge and use of biomechanical definitions, equations, formulae and units of measurement and demonstrate the ability to plot, label and interpret biomechanical graphs and diagrams.</p> <p>Diet and Nutrition Students should understand the adaptations to the body systems through training or lifestyle, and how these changes affect the efficiency of those systems.</p>
<p>Half term 4</p>	<p>Sports Psychology In this section students will develop knowledge and understanding of the role of sport psychology in optimising performance in physical activity and sport. Students should be able to understand and interpret graphical representations associated with sport psychology theories.</p> <p>Training and Performance In this section students will understand Preparation and training methods in relation to maintaining physical activity and performance. Students should understand quantitative methods, the types and use of data for planning, monitoring and evaluating physical training, and to optimise performance.</p>
<p>Half term 5</p>	<p>Sports Psychology</p>

	<p>In this section students will develop knowledge and understanding of the role of sport psychology in optimising performance in physical activity and sport. Students should be able to understand and interpret graphical representations associated with sport psychology theories.</p> <p>Training and Performance</p> <p>In this section students will understand Preparation and training methods in relation to maintaining physical activity and performance. Students should understand quantitative methods, the types and use of data for planning, monitoring and evaluating physical training, and to optimise performance.</p>
Half term 6	<p>Year 2 coursework preparation</p> <p>Students are required to analyse and evaluate, using appropriate theoretical content included in the specification, a performance as either player/performer or coach, in one activity from the specification. Students can analyse and evaluate their own performance or the performance of another, as long as it is in an activity that is from the specification.</p> <p>Role of technology in Sport.</p> <p>Students should develop knowledge and understanding of the interaction between, and the evolution of, sport and society and the technological developments in physical activity and sport.</p>
Independent study expectations	
By the time you finish key stage 5 you'll be...	

Subject A level Physical Education Year 13

Half term 1	<p>Energy systems</p> <p>Students should develop knowledge and understanding of energy systems prior to exercise, during exercise of differing intensities and during recovery.</p> <p>Elite performance</p> <p>The personal, social and cultural factors required to support progression from talent identification to elite performance. The generic roles, purpose and the relationship between organisations in providing support and progression from talent identification through to elite performance.</p> <p>The key features of national governing bodies' whole sport plans.</p> <p>The support services provided by national institutes of sports for talent development. The key features of UK Sport's World Class Performance Programme, Gold Event Series and Talent Identification and Development.</p>
Half term 2	<p>Energy systems</p> <p>Students should develop knowledge and understanding of energy systems prior to exercise, during exercise of differing intensities and during recovery.</p> <p>Elite performance</p> <p>The personal, social and cultural factors required to support progression from talent identification to elite performance. The generic roles, purpose and the relationship between organisations in providing support and progression from talent identification through to elite performance.</p> <p>The key features of national governing bodies' whole sport plans.</p>

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Half term 3	<p>Information processing Students should develop knowledge and understanding of Input and Decision making. With specific reference to the working memory model. Output and Feedback. Further theoretical theories will need to be understood. These include Whiting's Information Processing model and Schmidt's Schema theory.</p> <p>Ethics Amateurism, the Olympic Oath, sportsmanship, gamesmanship, win ethic. Positive and negative forms of deviance in relation to the performer.</p>
Half term 4	<p>Injury prevention Students should develop knowledge and understanding types of injury and the different methods used in injury prevention, rehabilitation and recovery.</p> <p>Violence The causes and implications of violence in sport in relation to the performer, spectator and sport. Strategies for preventing violence within sport to the performer and spectator.</p>
Half term 5	<p>Biomechanical movement Students should develop knowledge and understanding of motion and forces, linear, angular, projectile, fluid mechanics and their relevance to performance in physical activity and sport. Students should have a knowledge and use of biomechanical definitions, equations, formulae and units of measurement and demonstrate the ability to plot, label and interpret biomechanical graphs and diagrams.</p> <p>Drugs The social and psychological reasons behind elite performers using illegal drugs and doping methods to aid performance. The physiological effects of drugs on the performer and their performance. The positive and negative implications to the sport and the performer of drug taking. Strategies for elimination of performance enhancing drugs in sport. Arguments for and against drug taking and testing.</p>
Half term 6	<p>Sports psychology In this section students will develop knowledge and understanding of Psychological factors that can influence an individual in physical activities. For example, Achievement Motivation, Confidence, Leadership, Stress Management, and Attribution. Students should be able to understand and interpret graphical representations associated with sport psychology theories.</p> <p>Sport and the law and commercialisation. The uses of sports legislation. Performers (contracts, injury, loss of earnings). Officials (negligence). Coaches (duty of care). Spectators (safety, hooliganism). The positive and negative impact of commercialisation, sponsorship and the media. Performer. Coach. Official. Audience. Sport.</p>
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