

## Key Stage 5

Subject: Physical Education

### Intent

Our aim is to develop our students in using the knowledge and skills gained during the GCSE course to build the foundations for A Level PE. In the 6<sup>th</sup> form there will be other subject areas that cross over in their specification with A level PE, such as Biology, Physics, Psychology and Health and Social Care. Students are given cross-curricular packs in order to reinforce, embed and interleave some of the common topic areas taught throughout the two years. The A level PE course is ambitious and challenging where students will study four unit areas comprising of Physiological factors affecting performance, Psychological factors affecting performance, Socio-cultural issues in sport and Performance in physical education. As this is a study of PE and science, students are expected to already participate in a chosen sport outside of school. Lessons are dedicated to the theory element of the course with the responsibility on the student to ensure they are following the guidelines for the skills set out by the examination board. From the start of the course we encourage students to try to use their knowledge of the topics and link it to practical activities and especially their chosen sport since they will need it for their oral response section. As part of the practical unit, students will undertake an evaluation of performance and improvement programme. This requires students to give an oral response on the strengths and weaknesses of a live performance in their chosen sport and to design a development plan to improve the major weakness whilst linking it to the topic areas taught during the course.

### Programme of study and assessment

	<b>Autumn Term</b>	<b>Spring Term</b>	<b>Summer Term</b>
<b>Year 12</b>	1.1a. SKELETAL SYSTEM 1.1b. MUSCULAR SYSTEM 1.2a. CARDIOVASCULAR SYSTEM 1.2b. RESPIRATORY SYSTEM 5.1 INDIVIDUAL DIFFERENCES 5.2 GROP AND TEAM DYNAMICS AND GOAL SETTING IN SPORT 6.1 EMERGENCE AND EVOLUTION OF MODERN SPORT 6.2 SPORT IN THE TWENTY-FIRST CENTURY	2.1 DIET AND NUTRITION AND THEIR EFFECT ON PHYSICAL ACTIVITY AND PERFORMANCE 2.2 PREPARATION AND TRAINING METHODS 5.1 INDIVIDUAL DIFFERENCES 5.2 GROP AND TEAM DYNAMICS AND GOAL SETTING IN SPORT 6.4 ETHICS AND DEVIANCE IN SPORT 6.5 COMMERCIALISATION AND MEDIA	3.1 BIOMCHANICAL PRINCIPLES: NEWTON'S LAWAS OF MOTION, FORCE AND THE USE OF TECHNOLOGY 3.2 BIOMECHANICAL PRINCIPLES: STABILITY AND LEVER SYSTEMS 4.1 CLASSIFICATION OF SKILLS 4.2 TYPES OF METHODS OF PRACTICE 4.3 TRANSFER OF SKILL 4.4 LEARNING THEORIES 4.5 STAGES OF LEARNING 4.6 MEMORY MODELS 5.3 ATTRIBUTION IN SPORT

	6.3 GLOBAL SPORTING EVENTS		5.4 CONFIDENCE AND SELF-EFFICACY  6.6 ROUTES TO SPORTING EXCELLENCE IN THE UK  6.7 MODERN TECHNOLOGY IN SPORT
<b>Assessment</b>	<p>Assessments are cumulative which means that a test on the respiratory system will include previous topics taught</p> <p>Settling in exam will be a 30 minute paper early October 1.1a. SKELETAL SYSTEM 1.1b. MUSCULAR SYSTEM, 5.1 INDIVIDUAL DIFFERENCES, 6.1 EMERGENCE AND EVOLUTION OF MODERN SPORT</p> <p>End of unit test for paper 1,2 AND 3 will be November 1.1a. SKELETAL SYSTEM 1.1b. MUSCULAR SYSTEM 1.2a. CARDIOVASCULAR SYSTEM, 5.1 INDIVIDUAL DIFFERENCES 5.2 GROP AND TEAM DYNAMICS AND GOAL SETTING IN SPORT, 6.1 EMERGENCE AND EVOLUTION OF MODERN SPORT</p>	<p>Assessments are cumulative which means that a test on the diet will include previous topics taught</p> <p>End of unit test for paper 1,2 AND 3 will be January</p> <p>1.1a. SKELETAL SYSTEM 1.1b. MUSCULAR SYSTEM 1.2a. CARDIOVASCULAR SYSTEM 1.2b. RESPIRATORY SYSTEM 2.1 DIET AND NUTRITION AND THEIR EFFECT ON PHYSICAL ACTIVITY AND PERFORMANCE 5.1 INDIVIDUAL DIFFERENCES 5.2 GROP AND TEAM DYNAMICS AND GOAL SETTING IN SPORT 6.1 EMERGENCE AND EVOLUTION OF MODERN SPORT 6.2 SPORT IN THE TWENTY-FIRST CENTURY 6.3 GLOBAL SPORTING EVENTS</p>	<p>Assessments are cumulative which means that a test on the transfer of skill will include previous topics taught</p> <p>End of unit test for paper 1,2 AND 3 will be March</p> <p>2.1 DIET AND NUTRITION AND THEIR EFFECT ON PHYSICAL ACTIVITY AND PERFORMANCE 2.2 PREPARATION AND TRAINING METHODS 5.1 INDIVIDUAL DIFFERENCES 5.2 GROP AND TEAM DYNAMICS AND GOAL SETTING IN SPORT 6.4 ETHICS AND DEVIANCE IN SPORT</p> <p>End of year exam will be a two hour paper in May including everything taught over the year</p> <p>Completion of log books for chosen sport</p>

	<p>6.2 SPORT IN THE TWENTY-FIRST CENTURY</p> <p>6.3 GLOBAL SPORTING EVENTS</p> <p>Video evidence for chosen sport showing competitive situations</p> <p>Completion of log books for chosen sport</p>	<p>Completion of log books for chosen sport</p>	
<b>Year 13</b>	<p>1.3 ENERGY FOR EXERCISE</p> <p>1.4 RECOVERY, ALTITUDE AND HEAT</p> <p>3.3 LINEAR MOTION</p> <p>3.4 ANGULAR MOTION</p> <p>3.5 FLUID MECHANICS AND PROJECTILE MOTION</p> <p>5.5 LEADERSHIP IN SPORT</p> <p>5.6 STRESS MANAGEMENT TO OPTIMISE PERFORMANCE</p> <p>EAPI (Evaluation and performance improvement – oral exam</p>	<p>2.3 INJURY PREVENTION AND THE REHABILITATION OF INJURY</p> <p>EAPI (Evaluation and performance improvement – oral exam</p>	
<b>Assessment</b>	<p>Assessments are cumulative which means that a test on projectile motion will include previous topics taught</p> <p>End of unit test for paper 1,2 AND 3 will be November</p> <p>1.3 ENERGY FOR EXERCISE</p> <p>1.4 RECOVERY, ALTITUDE AND HEAT</p>	<p>Mock exams January will be full papers for units 1, 2 and 3.</p> <p>Assessments are cumulative which means that a test will include previous topics taught</p> <p>Mock for the EAPI will be after Feb half term</p> <p>Internal EAPI exam beginning of March</p>	<p>Public examinations May-June</p>

	<b>5.5 LEADERSHIP IN SPORT</b>	Final practical assessments beginning of March	
	Completion of log books for chosen sport	Completion of log books for chosen sport	