

Subject: A-level PE

Year group: 12

Department Curriculum Vision: Students are **physically literate, passionate** about sport and understand the importance of **lifelong participation**. Students will be **confident individuals**, developing a variety of attributes that will enable them to excel in the classroom and beyond.

	Autumn Term 1	Autumn Term 2
Content: (Know what...)	Applied Anatomy & Physiology: Skeletal & Muscular Systems Cardiovascular & Respiratory Systems Exercise Physiology: Diet and Nutrition	Exercise Physiology: Preparation and Training Methods Biomechanics: Newton's Laws Forces Technology
Skills: (know how...)	-Recall key terms -Define key terms -Describe the body's systems -Apply knowledge to the body and/or sporting examples -Analyse sporting movements	-Recall key terms -Define key terms -Apply knowledge to the body and/or sporting examples -Draw and label free body diagrams

Key vocabulary	Applied Anatomy & Physiology: Plane, antagonistic, isotonic, isometric, neurotransmitter, muscle fibre, pulmonary, systemic, conduction, cardiac cycle, venous return, vascular shunt, regulation, gaseous exchange, oxyhaemoglobin, inspiration, expiration Exercise Physiology: Nutrient, metabolic, energy, ergogenic, pharmacological, buffering, glycogen loading, supplement	Exercise Physiology: Adaptation, FITT, periodisation, tapering, aerobic, capillarisation, asthma, hypertrophy, neuromuscular, strength, flexibility, stretch reflex, active, passive, atherosclerosis, COPD Biomechanics: Force, inertia, velocity, acceleration, momentum, net force, weight, reaction, air resistance, friction, streamlined, kinematics
Mid Term Assessment	End of topic tests	End of topic tests
End Term Assessment	Combined topic test	Combined topic test
	Spring 1	Spring 2

Content: (Know what...)	Biomechanics: Stability Lever Systems Skill Acquisition: Classification of Skills Types of Practice Transfer of Skills Learning Theories Stages of Learning Guidance Feedback	Sports Psychology: Individual Differences Group and Team Dynamics Goal Setting Sport and Society: Emergence and Evolution of Modern Sport
Skills: (Know how...)	-Recall key terms -Define key terms -Draw and label lever system examples -Apply knowledge to the body and/or sporting examples -Evaluate theories of acquisition	-Recall key terms -Define key terms -Apply knowledge to the body and/or sporting examples -Evaluate theories of sports psychology

Key vocabulary	Biomechanics: CoM, stability, lever, mechanical advantage, mechanical disadvantage Skill Acquisition: Skill, continuum, kinesthetic, chaining, motor programme, transfer, retroactive, proactive, bilateral, stimulus, response, conditioning, reinforcement, variables, cognitive, social, cueing, autonomous, associative, guidance	Sports Psychology: Personality, anxiety, confidence, trait, state, arousal, attitude, prejudice, stereotype, motivation, drive, somatic, cognitive, aggression, assertion, facilitation, cohesion, social loafing, Ringelmann, SMART Sport and Society: Social, cultural, muscular christianity, athleticism, pre-industrial
Mid Term Assessment	End of topic tests	End of topic tests
End Term Assessment	Combined topic test AS PPE	Combined topic test
	Summer 1	Summer 2
Content: (Know what...)	Sport and Society: Emergence and Evolution of Modern Sport Sport in the 21st Century Global Sporting Events	Applied Anatomy & Physiology: Energy for Exercise Recovery, Altitude & Heat
Skills: (Know how...)	-Recall key terms -Define key terms -Research historical sporting events and developments	-Recall key terms -Define key terms -Describe the body's systems -Apply knowledge to the body and/or sporting examples

Key vocabulary	Sport and Society: Globalisation, golden triangle, exploitation, propaganda	Applied Anatomy & Physiology: Exothermic, endothermic, enzyme, reaction, by-product, intermittent, threshold, EPOC, deficit, recovery, altitude, humidity, pressure, acclimatisation, thermoregulation, dehydration
Mid Term Assessment	End of topic tests	End of topic tests
End Term Assessment	Combined topic test AS PPE	Combined topic test

Additional information

Homework	Practice questions (knowledge) Pre-reading Exam style questions. Research tasks/projects. Creating revision resources. Tasks linking theory knowledge to practical application.
Extra curricular and enrichment opportunities	Students must participate in their assessed sport outside of school, as this makes up 15% of their final grade. Students are encouraged to help coach the school's sports teams
Useful links that will support learning	OCR A-level Physical Education Year 1 and Year 2 (2019) - John Honeybourne & Sarah Powell BrianMac Topend Sports Teach PE
How parents can support learning	Monitor Show my Homework to support students with their organisation of homework. Support students with revision (flash cards, mind maps, questions etc) Encourage your child to remain physically active and compete in their assessed sport

Subject: A-level PE

Year group: 13

Department Curriculum Vision: *Students are **physically literate, passionate** about sport and understand the importance of **lifelong participation**. Students will be **confident individuals**, developing a variety of attributes that will enable them to excel in the classroom and beyond.*

	Autumn Term 1	Autumn Term 2
--	---------------	---------------

Content: (Know what...)	Exercise Physiology: Injury Prevention & Rehabilitation Biomechanics: Linear Motion Angular Motion Fluid Mechanics and Projectile Motion	Skill Acquisition: Memory Models Sports Psychology: Attribution in Sport Confidence & Self-efficacy Leadership Stress Management Contemporary Issues in Physical Activity & Sport: Routes to Sporting Excellence in the UK Modern Technology
Skills: (know how...)	-Recall key terms -Define key terms -Describe the body's systems -Apply knowledge to the body and/or sporting examples -Draw and label projectiles in flight	-Recall key terms -Define key terms -Apply knowledge to the body and/or sporting examples -Evaluate theories of memory and leadership

Key vocabulary	Exercise Physiology: Acute, chronic, fracture, dislocation, abrasion, concussion, tendinosis, intrinsic, extrinsic, SALTAPS, PRICE, rehabilitation, therapy Biomechanics: Linear, direct, eccentric, torque, velocity, speed, angular, rotation, inertia, momentum, conservation, drag, aerofoil, projectile, resultant, Bernoulli, lift, Magnus, spin,	Skill acquisition: Attention, chunking, encoding, rehearsal, retrieval Sports Psychology: Attribution, causality, locus, stability, bias, controllability, confidence, self-efficacy, vicarious, stress Contemporary Issues in Physical Activity & Sport: Access, performance, participation, elite
Mid Term Assessment	End of topic tests	End of topic tests
End Term Assessment	Paper 1 PPE	Paper 2 PPE
	Spring 1	Spring 2

Content: (Know what...)	The Evaluation and Analysis of Performance for Improvement - Oral Coursework Skeletal & Muscular Systems Cardiovascular & Respiratory Systems Energy for Exercise Diet and Nutrition Preparation and Training Methods Newton's Laws Forces Lever Systems Fluid Mechanics and Projectile Motion Classification of Skills Types of Practice Learning Theories Stages of Learning Guidance Feedback Individual Differences Goal Setting Confidence & Self-efficacy Emergence and Evolution of Modern Sport Routes to Sporting Excellence in the UK Modern Technology	Contemporary Issues in Physical Activity & Sport: Ethics & Deviance Commercialisation & Media Routes to Sporting Excellence in the UK Modern Technology
---	--	---

Skills: (Know how...)	Analyse and evaluate the performance of a peer in an assessed sport and provide a justified action plan for improvement.	-Recall key terms -Define key terms -Assess the impact of technology on sport -Describe the routes to elite sport
Key vocabulary	See: Applied Anatomy & Physiology Exercise Physiology Biomechanics Skill acquisition Sports Psychology Sport and Society Contemporary Issues in Physical Activity & Sport	Contemporary Issues in Physical Activity & Sport: Ethics, deviance, violence, deindividuation, fixing, spectatorship, commodity
Mid Term Assessment	Coursework Assessment Practical Assessment	Paper 3 PPE
End Term Assessment	Coursework Assessment Practical Assessment	Full PPE set
	Summer 1	Summer 2

Content: (Know what...)	Exam Preparation	Exam Preparation
Skills: (Know how...)	-Answer a range of multiple choice, short, medium and long answer exam questions -Apply knowledge to practical/sporting examples	-Answer a range of multiple choice, short, medium and long answer exam questions -Apply knowledge to practical/sporting examples
Key vocabulary	See: Applied Anatomy & Physiology Exercise Physiology Biomechanics Skill acquisition Sports Psychology Sport and Society Contemporary Issues in Physical Activity & Sport	See: Applied Anatomy & Physiology Exercise Physiology Biomechanics Skill acquisition Sports Psychology Sport and Society Contemporary Issues in Physical Activity & Sport
Mid Term Assessment	Exam	Exam
End Term Assessment	Exam	Exam

Additional information

Homework	Practice questions (knowledge) Pre-reading Exam style questions. Research tasks/projects. Creating revision resources.
-----------------	--

	Tasks linking theory knowledge to practical application.
Extra curricular and enrichment opportunities	Students must participate in their assessed sport outside of school, as this makes up 15% of their final grade. Students are encouraged to help coach the school's sports teams
Useful links that will support learning	OCR A-level Physical Education Year 1 and Year 2 (2019) - John Honeybourne & Sarah Powell BrianMac Topend Sports Teach PE
How parents can support learning	Monitor Show my Homework to support students with their organisation of homework. Support students with revision (flash cards, mind maps, questions etc) Encourage your child to remain physically active and compete in their assessed sport