Physical Education

Our A-level specification in physical education should equip students with both a depth and breadth of knowledge, understanding and skills relating to scientific, socio-cultural and practical aspects of physical education. This will require them to:

- develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance
- understand how physiological and psychological states affect performance
- understand the key socio-cultural factors that influence people's involvement in physical activity and sport
- understand the role of technology in physical activity and sport
- refine their ability to perform effectively in physical activity and sport by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas
- develop their ability to analyse and evaluate to improve performance
- understand the contribution which physical activity makes to health and fitness
- improve as effective and independent learners and as critical and reflective thinkers with curious and enquiring minds.

Year 12 A Level Physical Education

Content of study	The students will be taught the following components throughout the first year of the GCSE course: 1. **Component 1: Scientific Principles of Physical Education (examination component)** 2. **Component 2: Psychological and Social Principles of Physical Education (examination component)** 3. **Component 3: Practical Performance (NEA component)** 4. **Component 4: Performance Analysis (NEA component)**
What are the aims and objectives of this year?	Aims and objectives for each component include: **Component 1: Scientific Principles of Physical Education** • **Topic 1: Applied Anatomy and Physiology** Students will understand the anatomical/structural and physiological/functional roles performed in the identified systems of the body. They will understand how the controlled stress of exercise will affect the systems and the way that the affect is measured. The topic will cover how different stresses/types of exercise will bring about both acute responses and chronic adaptations. The principles of Newton's Three Laws of Motion – force, centre of mass and stability – will also be covered and are essential to a student's understanding of how sporting technique and performance can be improved. **Content Overview:** - Muscular-skeletal system - Cardio-respiratory system - Neuromuscular system • **Topic 2: Exercise Physiology and Applied Movement Analysis**

	Students will understand the importance of diet and nutrition pre-, during and post-physical activity. They will also study fatigue and recovery, which will build from their knowledge of energy systems in Topic 1: Applied anatomy and physiology. Students will gain an understanding of fitness components, methods of training and physiological adaptations **Content Overview** - Diet and nutrition and the effect on performance - Preparation and training **Component 2: Psychological and Social Principles of Physical Education** **Topic 3: Skill Acquisition** Students are required to show an understanding of the nature and development of skills in sport. This understanding could be enhanced and developed through applied practical experiences in the role of either coach and/or performer. Students should have an awareness of the relevant learning theories and how they relate to skill development. Students are expected to be able to relate knowledge of practices, feedback and guidance to practical performance situations. Students should be able to understand how quantitative data can be generated in appropriate areas of skill acquisition and be able to produce and evaluate the meaning of such data. **Topic 4: Sport Psychology** Students will understand the role that sports psychology has in facilitating optimal sporting performance of an individual athlete, sports teams and individuals in the teams. Students will understand the different psychological views, theories and perspectives, as indicated in the specification, and be able to apply this understanding by way of explanation to behaviours that ultimately affect sporting performance. Central to this topic will be the ongoing debate offering explanations between either nature or nurture or the interaction of both. **Topic 5: Sport & Society** Students will understand the dynamic relationship between sport and society. They will understand the parallels between societal changes and sport and will utilise this knowledge and understanding to consider historical and contemporary events and trends and potential future developments. Students will understand the impact of sport on society and of society on sport.
What previous knowledge is required?	Students are expected to have the following pre-requisites: 1. Grade 5 or above in GCSE PE 2. Distinction in a Vocational PE course (BTEC Sport or NCFE) 3. Grade 5 in English 4. Grade 5 in Science
How will this content help with future learning?	This course will assist students looking to complete the full A-Level course in year 13.

Resources	1. Blended Learning Academy (pe.futureschoolstrust.com)- students have their own log-in details. This site is designed by the PE department and offers and online revision and homework tool for the students. 2. Edexcel GCSE Physical Education (2016) | Pearson qualifications 3. A-Level revision guides are supplied through GSCE Simplified (www.gcsesimplified.co.uk) 4. A Level PE Revision - TeachPE.com 5. New A Level PE
Links to the national curriculum/specification	*https://filestore.aqa.org.uk/resources/pe/specifications/AQA-7582-SP-2016.PDF*
Assessments	- PPE exams will be held in May 2023 for both **Component 1 & 2** • **Component 3** - Practical assessments are fully assessed by May 2023 for internal data only and will be used to provide an overall grade for the AS year • **Component 4:** The performance Analysis will be assessed by Christmas in 2022, but will then form the initial phases of the Performance Development Plan (PDP) for the full A-Level which will start in May 2023.

Week beginning	DSM (Mon 3)	DSM (Tues 4b)	CED (Wed 5)	DSM (Thurs 1)	DSM (Fri 2)
Mon 5th September	Year 12 Overview	Component 4: PA Task 1	Component 4: PA Task 1	1.1.1: Names of Muscles & bones	1.1.1: Joint Movements
Mon 12th September	1.1.3: Agonist, Antagonist, Fixator etc.	Component 4: PA Task 1	Component 4: PA Task 1	1.1.2: The Stretch-Shortening Cycle	1.1.4: Levers
Mon 19th September	1.1.5: Newton's 3 Laws	Component 4: PA Task 1	Component 4: PA Task 1	1.1.6/1.1.7: Stability & Force	1.1.8: Responses
Mon 26th September	Revision Lesson	Component 4: PA Task 1	Component 4: PA Task 1	Revision Lesson	Unit Test 1.1: Musculoskeletal System
Mon 3rd October	Component 4: PA Task 1	Component 4: PA Task 1	Component 4: PA Task 1 Deadline	1.2.1/1.2.2: Respiratory Structures	Unit Test Feedback
Mon 10th October	1.2.3: Ventilation	Component 4: PA Task 2	Component 4: PA Task 2	1.2.4: Respiratory values	1.2.5/1.2.6: Structure & Function of CV
Mon 17th October	1.2.6: Cardiac Cycle	Component 4: PA Task 2	Component 4: PA Task 2	1.2.7/1.2.8: Responses & Bradycardia	1.2.9: Unhealthy Lifestyle
Monday 24th October- Friday 4th November (term break)					
Mon 7th November	Inset Day	Component 4: PA Task 2	Component 4: PA Task 2	Revision Lesson	Unit Test 1.2: Cardio-respiratory System
Mon 14th November	1.3.1: Function of the Neuromuscular System	Component 4: PA Task 2	Component 4: PA Task 1 Deadline	1.3.5: Anatomy of the Neuromuscular System	Unit Test Feedback
Mon 21st November	1.3.6: Physiology of Muscle Contraction	1.3.6: Physiology of Muscle Contraction	3.1.1/2/: Coaching Styles, Tactics & Skill	1.3.2/1.3.3: Fibre Types	1.3.4: Fibre Recruitment
Mon 28th November	1.3.7/1.3.8: Responses & Adaptations	Revision Lesson	3.1.3: Dissection of a Skill	Revision Lesson	Unit Test 1.3: Neuromuscular System

Mon 5th December	2.1.1: Dietary Manipulation	2.1.3: Hydration & Electrolytes	3.2.1: Skill Classifications	2.1.4/2.1.5: Supplements	2.1.6: Nutritional Strategies
Mon 12th December	2.2.2: Fitness Tests	2.2.1/2.2.3: Data	3.2.2: Skill Transfer	2.2.4/2.2.5: Components of Fitness	2.2.4/2.2.5: Components of Fitness
Monday 29th December- Monday 2nd January (Christmas break)					
Mon 2nd January	Bank Holiday	2.2.6: Principles of Training	3.3.1: Associative	2.2.7: Measuring & Calculating Intensity	2.2.8/2.2.9: Contemporary Technologies & HR
Mon 9th January	2.2.10: Periodisation	2.2.11: Methods of Training	3.3.2: Thorndike	2.2.11: Methods of Training	2.2.12: Altitude, heat and humidity
Mon 16th January	2.2.12: Altitude, heat and humidity	Revision Lesson	3.3.3: Fitts & Posner	Revision Lesson	2.1/2.2 Unit Test
Mon 23rd January	3.4.3: Mental Practice	3.6.1/2: Types of Feedback	3.4.1/2: Practice Methods	3.6.1/2: Types of Feedback	Unit Test Feedback
Mon 30th January	3.6.3: Technology and Feedback	3.6.4: Open & Closed Loop Control	3.5.1: Guidance Methods	3.6.4: Open & Closed Loop Control	3.5.2: Technology
Mon 6th February	Revision Lesson	Revision Lesson	Revision Lesson	Unit Test: Skill Acquisition	4.1.1: Personality Theories
Monday 13th – Friday 17th February (term break)					
Mon 20th February	Unit Test Feedback	4.1.2: Wood's Triadic Model	4.1.6: Motivation	4.1.3: Arousal and Performance	4.1.4: Anxiety and Performance
Mon 27th February	4.1.5: Aggression	4.1.7: Social Facilitation	4.3.1: Goal Setting	4.2.1: Group Cohesion	4.2.1: Group Dynamics
Mon 6th March	Revision Lesson	Revision Lesson	Unit Test: Sport Psychology	5.1.1: Mob Games	5.1.2: Industrial Revolution
Mon 13th March	5.1.2: Industrial Revolution	5.1.3: Rationalisation	5.1.5: Disability & Gender in Sport	5.1.4: Corporations	5.1.6: Labour Migration

Mon 20th March	5.2.1: Globalisation	5.2.2: Colonial Diffusion	5.1.7: Mass Participation	5.2.3: Creation of NGB's	5.2.4: Impact of International Events
Mon 27th March	5.3.1/2: Mass Participation and Initiatives	5.3.3: Participation Trends	Revision lesson	Revision lesson	Unit Test: Sport and Society
Friday 3rd April- Friday 14th April (Easter break)					
Mon 17th April	Unit Test Feedback	Component 1 Revision	Component 2 Revision	Component 1 Revision	Component 1 Revision
Mon 24th April	Component 1 Revision	Component 1 Revision	Component 2 Revision	Component 1 Revision	Component 1 Revision
Mon 1st May	Bank Holiday	PPE	PPE	PPE	PPE
Mon 8th May	PPE	PPE	PPE	PPE	PPE
Mon 15th May	Component 4: PDP Planning	Component 4: PDP Planning	Component 4: PDP Planning	Component 4: PDP Planning	Component 4: PDP Planning
Mon 22nd May	Component 4: PDP Planning	Component 4: PDP Planning	Component 4: PDP Planning	Component 4: PDP Planning	Component 4: PDP Planning
Monday 29th May – Friday 2nd June					
Mon 5th June	Component 4: PDP Planning	Component 4: PDP Planning	Component 4: PDP Planning	Component 4: PDP Planning	Component 4: PDP Planning
Mon 12th June	Component 4: PDP Planning	Component 4: PDP Planning	Component 4: PDP Planning	Component 4: PDP Planning	Component 4: PDP Planning
Mon 19th June	Component 4: PDP Planning	Component 4: PDP Planning	Component 4: PDP Planning	Component 4: PDP Planning	Component 4: PDP Planning
Mon 26th June	Component 4: PDP Planning	Component 4: PDP Planning	Component 4: PDP Planning	Component 4: PDP Planning	Component 4: PDP Planning
Mon 3rd July	Component 4: PDP Planning	Component 4: PDP Planning	Component 4: PDP Planning	Component 4: PDP Planning	Component 4: PDP Planning
Mon 10th July	Component 4: PDP Planning	Component 4: PDP Planning	Work Experience	Work Experience	Sports Day
Mon 17th July	Work Experience	Work Experience	Early Finish	Not in school	Not in school