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 13 A Level Physical Education

Content of study	The students will be taught the following components throughout the second year of the A Level 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?	**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: Energy Systems **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 how to apply knowledge of energy systems and how to train, maintain and improve their performance. This includes an understanding of fitness

components, methods of training and physiological adaptations. Students will also understand how to prevent and rehabilitate from injury.

Students will be able to demonstrate an understanding of movement analysis through the use of examples to include linear motion, angular motion, projectile motion and fluid mechanics

Content Overview:
Injury Prevention and Rehabilitation
Biomechanics (linear motion, angular motion, projectile motion and fluid mechanics)

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. At A Level, students will develop a detailed appreciation of the role of memory systems in the acquisition of skill. 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 have an understanding of 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.

Students will look at the theories and then apply the different interpretation of each to the different situations and scenarios identified. They will be able to demonstrate both support for, and challenge to, a given theory or perspective and provide sporting examples to support this view.

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 how, as society developed and became increasingly commercial and political, these phenomena were reflected in sport. Students will understand the

	context of varying ethics, pressures on performers to cheat and consider a range of factors that influence deviance and the response of national and international organisations. Students will understand the relationship between media and sport and the role of social media.
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?	PE opens doors to a number of careers and life options. Sport, nutrition and health are huge topics of discussion today, and as the fight against obesity and sedentary lifestyle issues continues, the knowledge you gain from a course such as this will only grow in importance and relevance. A-Level PE enables you to apply for higher education courses in sports science, sports management, healthcare, or exercise and health. It can also complement further study in subjects such as biology, human biology, physics, psychology, nutrition and sociology. A Level PE can open up a range of career opportunities including: sports development, sports coaching, physiotherapy, sports journalism, personal training or becoming one of the next generation of PE teachers. The transferable skills you learn, such as decision making and independent thinking, are useful in any career path you choose to take. Students considering Sports Science degrees should combine PE with at least one science subject.
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	The aims and objectives of this qualification are to enable students 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.
Assessments	**Component 1 & 2** - PPE exams in November/December - Unit test after each topic - Exams in May/June 2023 **Component 3** - Practical assessments are fully assessed by April 2023 with Moderation before Easter. **Component 4:** The Performance development Plan will be completed before Christmas and Moderated in May 2023.

Week beginning	DSM (Mon 2)	CED (Tues 3)	DSM (Wed 4b)	DSM (Thurs 5)	DSM (Fri 1)
Mon 5th September	Year 13 Overview	Component 4: NEA	Component 4: NEA	Component 4: NEA	1.4.1/.2/.3: Concepts and form of Energy
Mon 12th September	1.4.4/.5: Anaerobic Systems	Component 4: NEA	Component 4: NEA	Component 4: NEA	1.4.4/.5: Aerobic Energy Pathway
Mon 19th September	1.4.6/.7/.8: Energy Continuum	Component 4: NEA	Component 4: NEA	1.4.9: Concept of Fatigue	1.4.10/.11.12: Components of Recovery
Mon 26th September	1.4.13: EPOC	Component 4: NEA	Component 4: NEA	1.4.14: Priming	1.4 Revision: Energy Systems
Mon 3rd October	1.4 Revision: Energy Systems	Component 4: NEA	Component 4: NEA	1.4 Revision: Energy Systems	Unit Test: Energy Systems
Mon 10th October	Energy Systems Feedback	Component 4: NEA	Component 4: NEA	2.3.1/.2: Injuries- Acute	2.3.3: Overuse Injuries
Mon 17th October	2.3.4: Prevention of Injuries	Component 4 NEA Deadline	2.3.5: Rehabilitation	2.3 Revision: Injuries	Unit Test: Injuries
Monday 24th October- Friday 4th November (term break)					
Mon 7th November	Inset Day	Component 4 NEA corrections	Injuries Feedback	2.4.1: Linear Motion	2.4.2/.3: Calculations & interpreting graphs
Mon 14th November	2.5.1: Angular Motion	Biomechanics Revision	2.5.2/3: Moment of Inertia	2.5.4: Angular Momentum	2.6.1: Projectile Motion
Biomechanics Revision	2.6.2: Factors during flight	Injuries Feedback	2.6.3: Horizontal Displacement	2.6.4: Technique & Technology	2.7.1: Fluid Mechanics
Mon 28th November	2.7.2: Friction and air resistance	Biomechanics Revision	2.7.3: Lift forces	2.7.4: Types of Spin	2.7.5: Technology
Mon 5th December	Biomechanics Revision	Unit Test: Biomechanics	3.7.1: Information Processing	3.7.2: The 3 Memory Systems	3.7.3/.4/.5: Link Memory Systems
Mon 12th December	Biomechanics Feedback	Revision Lesson	3.7.6: Measuring reaction	3.7.7: Schema Theory	3.7 Revision: Memory Models
Monday 29th December- Monday 2nd January (Christmas break)					
Mon 2nd January	Bank Holiday	3.7 Revision: Memory Models	Unit Test: Memory Models	4.4: Attribution Theory	Memory Models Feedback
Mon 9th January	4.5.1: Self confidence	Revision Lesson	4.5.2: Self-Efficacy	4.6 Leadership	Sport Psychology Revision

Mon 16th January	Sport Psychology Revision	Unit Test: Sport Psychology	5.3.1/.2: Commercial-isation	5.3.3: History of Commercial-isation	Sport Psychology Feedback
Mon 23rd January	5.3.4: Events of Olympics	Revision Lesson	5.3.5: Franchises in Sport	Unit Test: Sport Psychology	5.3.1/.2: Commercial-isation
Mon 30th January	5.4.1: Ethics and Deviance	Revision Lesson	5.4.2: Growth of Gamesmanship	5.4.3: Deviance in Sport	5.4.4: Combating Deviance in Sport
Mon 6th February	5.4.5- WADA	Revision Lesson	5.5.1: Media Coverage	5.5.2: Technology and Media	5.6.1: Talent ID Routes
Monday 13th – Friday 17th February (term break)					
Mon 20th February	5.6.2: Talent ID and pathways	Revision Lesson	5.6.2: Talent ID and pathways	Topic 5 Revision	Topic 5 Revision
Mon 27th February	Unit Test: Sport & Society	Component 1 Revision	Component 1 Revision	Sport & Society Feedback	Component 1 Revision
Mon 6th March	Component 1 Revision	Component 1 Revision	Component 1 Revision	Component 1 Revision	Component 1 Revision
Mon 13th March	Component 1 Revision	Component 1 Revision	Component 1 Revision	Component 1 Revision	Component 1 Revision
Mon 20th March	Component 1 Revision	A-Level PE Practical Moderation	Component 1 Revision	Component 1 Revision	Component 1 PPE
Mon 27th March	Component 2 Revision	Component 2 Revision	Component 2 Revision	Component 1 PPE Feedback	Component 2 Revision
Monday 3rd April- Friday 14th April (Easter break)					
Mon 17th April	Component 1 PPE Feedback	Component 2 Revision	Component 2 Revision	Component 2 Revision	Component 2 Revision
Mon 24th April	Component 2 Revision	Component 2 Revision	Component 2 Revision	Component 2 Revision	Component 2 Revision
Mon 1st May	Bank Holiday	Component 2 Revision	Component 2 Revision	Component 2 Revision	Component 2 PPE
Mon 8th May	Component 1 Revision	Component 1 Revision	Component 1 Revision	Component 1 Revision	Component 1 Revision
Mon 15th May	Component 1 Revision	Component 1 Revision	Component 1 Revision	Component 1 Revision	Component 1 Revision

Mon 22nd May	Component 1 Revision	Component 1 Revision	Component 1 Revision	Component 1 Exam?	Component 2 Revision
Monday 29th May – Friday 2nd June					
Mon 5th June	Component 2 Revision	Component 2 Revision	Component 2 Revision	Component 2 Revision	Component 2 Exam?