

Year 12 Curriculum Overview: AS PE Paper 1



Autumn Term

Topics/ content outline	Powerful Knowledge (key concepts, skills)	What will you be assessed on?	How can you help at home?
1.1.a. Skeletal And Muscular Systems. 1.1.b. Cardiovascular And Respiratory Systems (Minus (regulation, control and effects of intensity) 1.2.b. Preparation and training methods in relation to improving and maintaining physical activity and performance	- Joints movements and muscles. - Functional roles of muscles and types of muscles. - Analysis of movement. - Skeletal muscle contraction. - Muscle contraction during exercise of differing intensities and during recovery. - Respiratory system at structure and actions at rest and values. - Respiratory system during exercise of differing intensities and during recovery. Graphical understanding for Oxyhaemoglobin dissociation. - Cardiovascular system structure and actions at rest and values. - Cardiovascular system during exercise of differing intensities and during recovery. - Impact of training on lifestyle diseases for CV and respiratory system.	AO1 Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO2 Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO3 Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport. Consistent in class low stakes assessment, mini quizzes, Everlearner assessed homework's, 1 x test after OCT HT excluding CV system and lifestyle diseases (CV and Lifestyle factors in HT2 test)	1. PowerPoint presentations, YouTube video links etc 2. Support students accessing resources on Showbie. 3. Check EduLink. 4. Note questions – to consolidate knowledge (see resource file) 5. Recall and retention – Starter activities (see resource file) 6. Exam questions (see resource file) 7. Green pen answers using mark schemes on Showbie. 8. Support in completion of homework and revision 9. Use of 'EverLearner' 10. Encouraging review of mocks and exam questions in exam conditions
1.2.a. Diet and nutrition and their effect on physical activity and performance 1.2.a. Ergogenic aids 1.1.b. Cardiovascular and respiratory systems (regulation, control and effects of intensity)	- Function and importance of the components of a healthy, balanced diet - Energy intake and expenditure and energy balance in physical activity and performance. - Use of ergogenic aids; potential benefits and risks - Regulation of HR and breathing (neural, hormonal, intrinsic and chemical) - Redistribution of Q, vascular shunt, VCC, CCC, role of arterioles, pre-capillary sphincters and mechanisms of venous return during exercise of differing intensities and during recovery	AO's as above Consistent in class low stakes assessment, mini quizzes, Everlearner assessed homework's, 1 x mock January, 1 x test after Feb HT and 1 x test before easter	
1.1.b. Cardiovascular and respiratory systems (regulation, control and effects of intensity) CONTINUED 1.2.b. Preparation and training methods in relation to improving and maintaining physical activity and performance 1.3 Biomechanics.	- Periodisation cycles, phases of training and tapering - Planning of personal health programmes for aerobic, strength and flexibility training - Aerobic training; tests, factors affecting, VO2 Max, individual differences, adaptations - Strength training; types of strength, factors affecting, fibre types, tests, training, adaptations - Flexibility training; types of flexibility, factors affecting, tests, training, adaptations - Biomechanical principles; Newtons laws, force, levers, analysing movement through the use of technologies.	AO's as above Consistent in class low stakes assessment, mini quizzes, Everlearner assessed homework's, 1 x test after May HT and 1 mock Summer term	

Spring Term

Summer Term



Year 12 Curriculum Overview: A level PE Paper 2



	Topics/ content outline:	Powerful Knowledge (key concepts, skills)	What will you be assessed on?	How can you help at home?
Autumn Term	Skill Acquisition Performance in physical education (EAPI) .	Classification of skills Types and methods of practice Transfer of skills Principles and theories of learning movement skills Stages of learning Guidance Feedback	AO1 Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO2 Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO3 Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.	
Spring Term	Sports Psychology Performance in physical education (EAPI) .	Individual differences Group and team dynamics in sport	AO1 Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO2 Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO3 Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.	1. PowerPoint presentations, YouTube video links etc 2. Support students accessing resources on Showbie. 3. Check EduLink. 4. Note questions – to consolidate knowledge (see resource file) 5. Recall and retention – Starter activities (see resource file) 6. Exam questions (see resource file) 7. Green pen answers using mark schemes on Showbie. 8. Support in completion of homework and revision 9. Use of 'EverLearner' 10. Encouraging review of mocks and exam questions in exam conditions
Summer Term	Performance in physical education (EAPI) .	EAPI preparation Performance analysis Development plan Application Mock exam prep Synoptic assessment	AO1 Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO2 Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO3 Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.	



Year 12 Curriculum Overview: A level PE Paper 3



Autumn Term

Topics/ content outline:

Sport and Society

Powerful Knowledge (key concepts, skills)

- Post-industrial Britain
- Public Schools
- 20th Century
- 21st Century
- Global sporting events

What will you be assessed on?

AO1: Demonstrate knowledge and understanding
AO2: Apply knowledge and understanding
AO3: Analyse and evaluate

How can you help at home?

Spring Term

Biomechanical principles

- Biomechanical principles
- Levers
- Analysing movement through the use of technology

AO1: Demonstrate knowledge and understanding
AO2: Apply knowledge and understanding
AO3: Analyse and evaluate

Summer Term

Ethics and Deviance in Sport

- Drugs and doping in sport
- Violence in sport
- Gambling in sport

AO1: Demonstrate knowledge and understanding
AO2: Apply knowledge and understanding
AO3: Analyse and evaluate

1. PowerPoint presentations, YouTube video links etc
2. Support students accessing resources on Showbie.
3. Check EduLink.
4. Note questions – to consolidate knowledge (see resource file)
5. Recall and retention – Starter activities (see resource file)
6. Exam questions (see resource file)
7. Green pen answers using mark schemes on Showbie.
8. Support in completion of homework and revision
9. Use of 'EverLearner'
10. Encouraging review of mocks and exam questions in exam conditions



Year 13 Curriculum Overview: A LEVEL PE Paper 1



	Topics/ content outline:	Powerful Knowledge (key concepts, skills)	What will you be assessed on?	How can you help at home?
Autumn Term	1.1.c Energy For Exercise.	1.ATP and energy transfer. 2. Energy systems and ATP resynthesis. 3.Atp resynthesis during exercise of differing intensities and durations. 4.The recovery process. 5.Exercise at altitude. 6.Exercise in the heat. 7.Linear motion. 8.Angular motion.	AO1 Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO2 Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO3 Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.	- PowerPoint presentations, YouTube video links etc - Support students accessing resources on Showbie. - Check EduLink. - Note questions – to consolidate knowledge (see resource file) - Recall and retention – Starter activities (see resource file) - Exam questions (see resource file) - Green pen answers using mark schemes on Showbie. - Support in completion of homework and revision - Use of 'EverLearner' - Encouraging review of mocks and exam questions in exam conditions
Spring Term	1.3 Biomechanics	1..Fluid mechanics. 2..Projectile motion. 3.Linear motion. 4.Angular motion.	AO1 Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO2 Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO3 Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.	
Summer Term	REVISION	1.Consolidation of Year 12 and 13 content. 2.Exam technique, identification and understanding of command words. 3.Personalised revision programme based on past exam papers and self-reflection. 4. Timed practice exams and self-reflection using mark schemes and model answers.	AO1 Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO2 Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO3 Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.	



Year 13 Curriculum Overview: A level PE Paper 2



	Topics/ content outline:	Powerful Knowledge (key concepts, skills)	What will you be assessed on?	How can you help at home?
Autumn Term	Sports Psychology Skill Acquisition	Attribution Confidence and self-efficacy Leadership in sport Stress management Memory models	AO1 Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO2 Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO3 Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.	
Spring Term	Performance in physical education (EAPI) .	EAPI preparation Performance analysis Development plan Application Mock exam prep Synoptic assessment	AO1 Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO2 Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO3 Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.	1. PowerPoint presentations, YouTube video links etc 2. Support students accessing resources on Showbie. 3. Check EduLink. 4. Note questions – to consolidate knowledge (see resource file) 5. Recall and retention – Starter activities (see resource file) 6. Exam questions (see resource file) 7. Green pen answers using mark schemes on Showbie. 8. Support in completion of homework and revision 9. Use of 'EverLearner' 10. Encouraging review of mocks and exam questions in exam conditions
Summer Term	Injury prevention and the rehabilitation of injury	Acute and chronic injuries Injury prevention Responding to injuries and medical conditions in a sporting context Rehabilitation of injury	AO1 Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO2 Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO3 Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.	



Year 13 Curriculum Overview: A level PE Paper 3



Autumn Term

Topics/ content outline:

Sport and Society

Powerful Knowledge (key concepts, skills)

- Post-industrial Britain
- Public Schools
- 20th Century
- 21st Century
- Global sporting events

What will you be assessed on?

AO1: Demonstrate knowledge and understanding
AO2: Apply knowledge and understanding
AO3: Analyse and evaluate

How can you help at home?

Spring Term

Ethics and Deviance in Sport

- Drugs and doping in sport
- Violence in sport
- Gambling in sport

AO1: Demonstrate knowledge and understanding
AO2: Apply knowledge and understanding
AO3: Analyse and evaluate

1. PowerPoint presentations, YouTube video links etc
2. Support students accessing resources on Showbie.
3. Check EduLink.
4. Note questions – to consolidate knowledge (see resource file)
5. Recall and retention – Starter activities (see resource file)
6. Exam questions (see resource file)
7. Green pen answers using mark schemes on Showbie.
8. Support in completion of homework and revision
9. Use of 'EverLearner'
10. Encouraging review of mocks and exam questions in exam conditions

Summer Term

Commercialisation
Routes to Excellence in Sport
Modern Technology

- Factors influencing commercialisation
- Impact on elite sport, participation, fairness
- Talent pathways and UK Sport
- Drop-out prevention strategies

AO1: Demonstrate knowledge and understanding
AO2: Apply knowledge and understanding
AO3: Analyse and evaluate