

Subject: A'level PE

Year 13 (Modules, Topics)

Term 1	Term 2	Term 3
<p><i>Applied anatomy and exercise physiology – split into the changes that occur in the following body systems before, during exercise of differing intensities and during recovery:</i></p> <ul style="list-style-type: none"> • musculo-skeletal systems • cardio-respiratory systems • neuromuscular systems • energy systems • diet and nutrition and their effect on physical activity and performance • preparation and training methods in relation to maintaining and improving physical activity and performance • injury prevention and the rehabilitation of injury <p><i>Skill Acquisition</i></p> <ul style="list-style-type: none"> • skills continuums and transfer of skills • principles and theories of learning and performance • how skill classification impacts on how practice is structured for learning • use of guidance and feedback <p><i>Sport Psychology</i></p> <ul style="list-style-type: none"> • attribution theory 	<p><i>Sport and society</i></p> <ul style="list-style-type: none"> • the factors leading to the emergence of modern sport through to the globalisation of sport in the 21st century • the impact of sport on society and of society on sport • the impact of ethics on sport and sporting ethics on society, including deviance in sport • development routes from talent identification through to elite performance • the impact of commercialisation on physical activity and sport • the relationship between sport and the media <p><i>The role of technology in physical activity and sport</i></p> <ul style="list-style-type: none"> • the use of technology to analyse physical activity and sport • the development of equipment and facilities in physical activity and sport • the role of technology in sport, for the performer and the audience 	<p>Revision of all topics and external moderation of coursework and practical performance</p>

<ul style="list-style-type: none"> • self-efficacy • leadership • confidence • stress management <p>Resources: A-Level book 2, Phillip Allan PE Review</p> <p>Assessment: 6th form assessment week</p>	<p>Resources: A-Level book 2, Phillip Allan PE Review</p> <p>Assessment: 6th form assessment week, coursework internal moderation</p>	<p>Resources: A-Level book 2, Phillip Allan PE Review</p> <p>Assessment: External moderation of coursework and practical performance – May/June</p>
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