



Years 12 & 13 Curriculum

A Level: Physical Education



Year 12	Term 1 (Autumn)			Term 2 (Spring)			Term 3 (Summer)		
	Section A: Applied Anatomy & Physiology	Section B: Skill Acquisition	Section C: Sport & Society	Section A: Applied Anatomy & Physiology	Section B: Skill Acquisition	Section C: Sport & Society	Section A: Applied Anatomy & Physiology	Section B: Skill Acquisition and Sport Psychology	Section C: Sport and Society & Technology in Sport
Topic	Body Systems	Skill	Preindustrial (Pre-1780)	Energy Systems	Memory	Industrial & Post-Industrial (1780-1900) Post WWII (1950-Present)	Physiology	Psychological influence on physical activities'	Sport & Technology
Key Concepts	<ul style="list-style-type: none"> Cardiovascular System Respiratory System Neuromuscular system Musculoskeletal system 	<ul style="list-style-type: none"> Types of skill Skill transfer Theories of learning Guidance and feedback Learning Plateaus 	<ul style="list-style-type: none"> Characteristics of society Impact on recreation 	<ul style="list-style-type: none"> Aerobic energy system Anaerobic energy system Measures of energy expenditure 	<ul style="list-style-type: none"> Memory models Information Processing Model Response time Schema Theory 	<ul style="list-style-type: none"> Development of sport and rational recreation Golden Triangle Amateur and professionals Emergence of elite females 	<ul style="list-style-type: none"> Acute injuries. Chronic injuries Rehabilitation strategies. 	<ul style="list-style-type: none"> Personality Attitudes Arousal Aggression Social facilitation 	<ul style="list-style-type: none"> Commercialisation of sport The role of technology in sport

Year 13	Term 1 (Autumn)				Term 2 (Spring)			Term 3 (Summer)
	NEA	Section A: Exercise Physiology & Biomechanics	Section B: Sport Psychology	Section C: Sport and Society & Technology in Sport	Section A: Exercise Physiology & Biomechanics	Section B: Sport Psychology	Section C: Sport and Society & Technology in Sport	Revision
Topic	Coursework & Practical	Physiology	Psychological influence on physical activities'	Sport & Society	Biomechanics	Psychological influence on physical activities'	Sport & Society	Paper 1 & Paper 2 Topics
Key Concepts	<ul style="list-style-type: none"> Analysis of own performance in one sport. Evaluation of weaknesses related to theoretical concepts Video recorded evidence of performance in fully competitive context in one sport 	<ul style="list-style-type: none"> Nutrition Training methods 	<ul style="list-style-type: none"> Anxiety and stress management techniques Motivation Achievement motivation 	<ul style="list-style-type: none"> Types of activity Elite performer pathways Ethics in sport. Violence in sport Drugs in sport Sport and law 	<ul style="list-style-type: none"> Biomechanical principles Levers Types of motion Fluid mechanics 	<ul style="list-style-type: none"> Leadership Group dynamics Stress management Self-efficacy Confidence in Sport 	<ul style="list-style-type: none"> Violence in sport Drugs in sport Sport and law 	<ul style="list-style-type: none"> Exam revision Strategic teaching informed by assessment data Targeted support

NEA = Non-examined assessment



Years 12 & 13 Assessment

A Level: Physical Education



All students will sit two assessments and a mock examination in Year 12 and two mock examinations in Year 13.

	Year 12		Year 13		Revision Resources
	Assessment	Mock Exam	Mock Exam	Mock Exam	
	Autumn Term	Summer Term	Autumn Term	Spring Term	
Style of Assessment	Written Assessment 1: One extended question per Section (A, B & C) This will be an 8 or 15 mark question. Written Assessment 2: A unit test per section.	Mock Exam: Assessing knowledge and understanding of content covered from Paper 1	Mock Exam: Assessing knowledge and understanding of content covered from Paper 1 & Paper 2	Mock Exam: Assessing knowledge and understanding of content covered from Paper 1 & Paper 2	Kennet Resources <ul style="list-style-type: none"> • Core Questions • Knowledge Organisers • Learning Habits External Resources <ul style="list-style-type: none"> • Carousel Study Packs • Extended Questions revision pack
Topics Assessed	Section A: Anatomy & Physiology Section B: Skill continua, Transfer of Learning, Guidance & Feedback, Theories of learning Section C: Sport in Society	Section A: Anatomy & Physiology Section B: Autumn Term + Schema, Response Time, Memory models & IP model Section C: Sport in Society	Section A: Anatomy & Physiology Section B: Paper 1 + Personality, Arousal, Aggression, Attitudes Section C: Sport in Society	Section A: Anatomy & Physiology Section B: Paper 1, Autumn Term + Group Dynamics, Confidence Section C: Sport in Society	You can also find additional revision material on Frog 