



A Level P.E. L6

Curriculum Intent

Students will study the theoretical aspects of Physical Education, which will enable them to:

- Develop knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance
 - Understand how the physiological and psychological states affects performance
 - Understand the key socio-cultural factors that influence people's involvement in physical activity and sport
 - Understand the contribution which physical activity makes to health and fitness
 - Understand the role of technology in physical activity and sport
- Students will also take part in practical activities, which will enable them to:
- Refine their ability to perform effectively in physical activity and sport by developing skills and techniques and selecting and using tactics, strategies and compositional ideas
 - Develop their ability to analyse and evaluate to improve performance

Intelligence and skill can only function at the peak of their capacity when the body is healthy and strong - John F Kennedy

Students will learn:

Physiological factors affecting performance

Skeletal and muscular systems
Functional roles of muscles and types of contraction
Analysis of movement
Skeletal muscle contraction
Muscle contraction during exercises of differing intensities/ during recovery
Cardiovascular and respiratory systems
Cardiovascular system during exercise of differing intensities/during recovery
Respiratory system at rest
Respiratory system during exercise of differing intensities/during recovery
Energy for exercise. Adenosine Triphosphate (ATP) and energy transfer
Energy systems and ATP re-synthesis
ATP re-synthesis during exercise of differing intensities and durations
The recovery process

Psychological factors affecting performance

Classification of skills
Types and methods of practice
Transfer of skills
Principles and theories of learning movement skills
Stages of learning
Types and uses of guidance/ Types and uses of feedback
Memory models
Individual preferences – personality, attitudes, motivation, arousal, anxiety, aggression, social facilitation, group and team dynamics in sport

Social-Cultural issues in physical activity and sport

Emergence and evolution of modern sport:
How social and cultural factors shaped the characteristics of, and participation in, sports and pastimes in pre-industrial Britain
How contemporary factors are shaping the characteristics of, and participation in, sport in the 21st century

Global Sporting Events:

The modern Olympic Games
Hosting global sporting events

Key Concepts:

Across the two years, students will study a range of topics under the headings of: Applied anatomy and physiology, exercise physiology, biomechanics, skill acquisition, sports psychology and sport and society.

In Lower 6th, students will study the skeletal system and muscular system, the cardiovascular and respiratory system, diet and nutrition, preparation and training methods, Newton's laws of motion, force and the use of technology, stability and the lever systems, classification of skill, types and methods of practice, transfer of skills, learning theories, stages of learning, guidance and feedback, individual differences, group and team dynamics and goal setting in sport, emergence and evolution of modern sport, sport in the twenty first century, global sporting events.

In Upper 6th, students will study energy for exercise, recovery, altitude and heat, injury and the rehabilitation of injury, linear and angular motion, fluid mechanics and projectile motion, memory models, attribution in sport, confidence and self-efficacy, leadership, stress management to optimise performance, ethics and deviance in sport, commercialisation and media, routes to sporting excellence in the UK, modern technology in sport.



How can you enhance your learning at home?

Physiological Factors affecting performance

www.visiblebody.com

www.ptdirect.com

www.verywellfit.com

Psychological Factors affecting performance

www.teachpe.com

www.sports-training-adviser.com

www.simplypsychology.org

www.believeperform.com

Social-cultural issues in physical activity and sport

https://www.youtube.com/watch?v=Ze5f5P_tQL8

https://www.youtube.com/user/r2fteachpe/videos?disable_polymer=1

<https://www.youtube.com/watch?v=baX-TcGqY9c>

What does excellence look like?

Ability to accurately describe concepts in appropriate detail
The ability to fully analyse the concepts studied, using practical examples to show how theoretical concepts can be applied

Use of specialist vocabulary in the appropriate context
Use of quantitative skills with interpretation and analysis of data

Use of definitions, equations, formulae and units of measurement

The ability to evaluate the positives and negatives of training methods

Ability to critically evaluate theories related to individual differences

Ability to detail the emergence and evolution of modern sport incorporating accurate examples

Ability to evaluate the impact of a range of factors upon participation in sport

Evaluate the influence of concepts such as globalisation and commercialisation and the media in developing 21C sport

International Opportunities

Internationalism

- International exchange programme providing opportunities to explore sport within different cultures
- Community lectures series
- International Day sporting events

Within the curriculum

- Global comparison of theories in sport
- Extensive use of international examples in team performance, examining the influence of cultural factors
- Analysis of global sporting events and the influence of concepts such as globalisation and commercialism

How will we assess impact?

Our teaching will encourage the development and refinement of key evaluative and analytical skills; acquiring knowledge, developing an argument, extended writing, evaluating theories and evidencing them with real world examples.

These skills are assessed regularly in accordance with the departmental assessment cycle across all three units.

They will be assessed predominately through timed essay based assessments, linear knowledge tests, classroom discussion and end of year PPEs.



"I don't believe that you should ever replace physical education. Even in a thousand years, a computer will never be able to do so."

Sal Khan