



A Level P.E. – U6

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

- Environmental effects on body systems:
- Exercise at altitude, exercise in heat
- Diet and nutrition and their effect on physical activity and performance
- Diet and nutrition, Ergogenic aids
- Preparation and training methods in relation to improving and maintaining physical activity and performance
- Aerobic training, strength training, flexibility training, periodisation of training, impact of training on lifestyle diseases
- 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

Psychological factors affecting performance

- Goal Setting in Sports Performance
- Attribution
- Confidence and Self-efficacy in sports performance
- Leadership in Sport
- Stress Management to optimise performance

Social-Cultural issues in physical activity and sport

- Contemporary issues in physical activity and sport
- Ethics and deviance in sport
- Commercialisation and media
- Routes to sporting excellence in the UK
- Modern technology in Sport – its impact on elite level sport, participation, fair outcomes and entertainment

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

<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20048167>

<https://www.bbc.co.uk/bitesize/guides/zpfpv4j/revision>

<https://www.brainscape.com/flashcards/acute-and-chronic-injuries-definitions-ty-4396782/packs/6574334>

Psychological Factors affecting performance

<https://www.brianmac.co.uk/goals.htm>

<https://psychology.iresearchnet.com/sports-psychology/sport-motivation/attribution-theory-in-sport/>

<https://blog.pitchero.com/what-is-good-leadership-in-sports>

Social-cultural issues in physical activity and sport

http://resource.download.wjec.co.uk.s3.amazonaws.com/vtc/2015-16/15-16_30/eng/01-building-for-success/Unit1-sport-society-culture.html

<https://www.youtube.com/user/eis2win>

<https://www.youtube.com/watch?v=ZaalIEANc0I>

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

To develop the skills of thinking holistically and synoptically to make connections between different elements of the subject

Assess and evaluate the role of commercialisation
Give case study examples of elite sport development programmes and evaluate their successes compared to other nations.

Discuss the awareness of an 'uneven playing field' in terms of funding technological advancements.

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.



"The five Ss of sports training are: stamina, speed, strength, skill, and spirit; but the greatest of these is spirit."

Ken Doherty