



KS5 Course Overview

A-Level PE

| | | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|---------|-----------------------|--|----------|--|----------|--|----------|
| Year 12 | | Applied Anatomy & Physiology and Skill Acquisition | | Applied Anatomy & Physiology and Sport and Society | | Applied Anatomy & Physiology and Practical Performance Analysis (Topic Name) | |
| | Details | Anatomy and Physiology: The cardio-respiratory system. Skill Acquisition: Theories of learning, information processing, memory models, guidance and feedback. | | Anatomy and Physiology: The muscular and neuromuscular systems. Skill Acquisition: The emergence of globalisation of sport in the 21 st century and the impact of sport on society and society on sport. | | Anatomy and Physiology: Energy systems. Practical Performance Analysis: Student analysis of own sporting performance. | |
| | Methods of Assessment | During this unit, student progress and attainment is assessed by: <ul style="list-style-type: none"> Ongoing teacher assessment throughout. | | During this unit, student progress and attainment is assessed by: <ul style="list-style-type: none"> Ongoing teacher assessment throughout. | | During this unit, student progress and attainment is assessed by: <ul style="list-style-type: none"> Ongoing teacher assessment throughout. | |
| | Use of ICT | | | | | Word processing and video analysis | |

| | | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|---------|-----------------------|---|----------|---|----------|--|---|
| | | Exercise Physiology & Sport Psychology | | Biomechanical Movement & Sport and Society | | Revision | |
| Year 13 | Details | Exercise Physiology: Diet & nutrition, training methods, injury prevention. Sport Psychology: Personality, motivation, group dynamics and stress management. | | Biomechanical Movement: Newtons laws, linear motion, angular motion, projectile motion and fluid mechanics. Sport and Society: Concepts of physical activity & sport, development of elite performers and technology in sport. | | Students will increase their understanding of key content covered in their A-Level course, through revision of individual topics, practicing exam questions, and exam skill workshops. | 2 x 2hr papers Paper 1: Factors affecting participation in physical activity and sport. Paper 2: Factors affecting optimal performance in physical education and sport. |
| | Methods of Assessment | During this unit, student progress and attainment is assessed by: <ul style="list-style-type: none"> Ongoing teacher assessment throughout. | | During this unit, student progress and attainment is assessed by: <ul style="list-style-type: none"> Ongoing teacher assessment throughout. | | During this unit, student progress and attainment is assessed by: <ul style="list-style-type: none"> Ongoing teacher assessment throughout. | |
| | Use of ICT | | | | | | |

Useful Resources

Students have access to the A-Level course textbook.

Revision resources are also available on SharePoint through Teams.

Exam Board Specification: AQA (<https://filestore.aqa.org.uk/resources/pe/specifications/AQA-7582-SP-2016.PDF>)