

Key Stage Five A-level Physical Education Curriculum – Carre’s Grammar School

Subject							
	Autumn 1	Autumn 2	Spring 3	Spring 4	Summer 5	Summer 6	
Year 12	<p><u>Applied Anatomy and Physiology and Exercise</u> <u>Physiology and Biomechanics</u></p> <ul style="list-style-type: none"> • CV system • Respiratory system <p><u>Sport Psychology</u></p> <ul style="list-style-type: none"> • Personality • Attitudes • Arousal <p><u>Sport & Society</u></p> <ul style="list-style-type: none"> • Pre-industrial era • Industrial and post-industrial era 	<p><u>Applied Anatomy and Physiology and Exercise</u> <u>Physiology and Biomechanics</u></p> <ul style="list-style-type: none"> • Neuromuscular system <p><u>Sport Psychology</u></p> <ul style="list-style-type: none"> • Anxiety • Aggression • Motivation <p><u>Sport & Society</u></p> <ul style="list-style-type: none"> • Industrial and post-industrial era cont. 	<p><u>Applied Anatomy and Physiology and Exercise</u> <u>Physiology and Biomechanics</u></p> <ul style="list-style-type: none"> • Musculoskeletal system and analysis of movement • Diet and nutrition <p><u>Sport Psychology</u></p> <ul style="list-style-type: none"> • Social facilitation • Group dynamics • Goal setting <p><u>Sport & Society</u></p> <ul style="list-style-type: none"> • Post WW2 era 	<p><u>Applied Anatomy and Physiology and Exercise</u> <u>Physiology and Biomechanics</u></p> <ul style="list-style-type: none"> • Preparation and training methods in relation to maintaining physical activity and performance <p><u>Sport Psychology</u></p> <ul style="list-style-type: none"> • Attribution theory • Self-efficacy and confidence • Leadership <p><u>Sport & Society</u></p> <ul style="list-style-type: none"> • Post WW2 era cont. 	<p><u>Applied Anatomy and Physiology and Exercise</u> <u>Physiology and Biomechanics</u></p> <ul style="list-style-type: none"> • Biomechanical movement <p><u>Sport Psychology</u></p> <ul style="list-style-type: none"> • Stress management • Catch up and consolidation <p><u>Sport & Society</u></p> <ul style="list-style-type: none"> • Sociological theory & equal opportunities 	<p><u>Applied Anatomy and Physiology and Exercise</u> <u>Physiology and Biomechanics</u></p> <ul style="list-style-type: none"> • Catch up and consolidation • Improving exam technique <p><u>Sport Psychology</u></p> <ul style="list-style-type: none"> • Catch up and consolidation • Improving exam technique <p><u>Sport & Society</u></p> <ul style="list-style-type: none"> • Sociological theory & equal opportunities cont. • Catch up and consolidation • Improving exam technique 	
	<p>40-minute tests in each area of the specification in November, January, March, April (Mock 1) & June (Mock 2). These should mirror the structure of a section of a real exam paper (i.e., 2 multiple choice, 10 marks worth of short answer questions, an 8-marker, and a 15-marker).</p>						

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Year 13	<p><u>Applied Anatomy and Physiology and Exercise Physiology and Biomechanics</u></p> <ul style="list-style-type: none"> • Energy systems <p><u>Skill Acquisition</u></p> <ul style="list-style-type: none"> • General information processing model. • Efficiency of information processing. <p><u>Sport & Society & Technology in Sport</u></p> <ul style="list-style-type: none"> • Concepts in physical activity & sport • Development of elite performers 	<p><u>Applied Anatomy and Physiology and Exercise Physiology and Biomechanics</u></p> <ul style="list-style-type: none"> • Energy systems cont. • Preparation and training methods in relation to maintaining physical activity and performance cont. from Y12 <p><u>Skill Acquisition</u></p> <ul style="list-style-type: none"> • Efficiency of information processing cont. <p><u>Sport & Society & Technology in Sport</u></p> <ul style="list-style-type: none"> • Development of elite performers cont. • Ethics in Sport 	<p><u>Applied Anatomy and Physiology and Exercise Physiology and Biomechanics</u></p> <ul style="list-style-type: none"> • Preparation and training methods in relation to maintaining physical activity and performance cont. <p><u>Skill Acquisition</u></p> <ul style="list-style-type: none"> • Skill, skill continuums and transfer of skills • Impact of skill classification on structure of practice for learning <p><u>Sport & Society & Technology in Sport</u></p> <ul style="list-style-type: none"> • Violence in sport • Drugs in sport 	<p><u>Applied Anatomy and Physiology and Exercise Physiology and Biomechanics</u></p> <ul style="list-style-type: none"> • Biomechanical movement cont. from Y12 • Injury prevention and the rehabilitation of injury <p><u>Skill Acquisition</u></p> <ul style="list-style-type: none"> • Principles and theories of learning and performance. • Use of guidance and feedback. <p><u>Sport & Society & Technology in Sport</u></p> <ul style="list-style-type: none"> • Sport & the law • Impact of commercialisation & relationship between sport & the media 	<p><u>Applied Anatomy and Physiology and Exercise Physiology and Biomechanics</u></p> <ul style="list-style-type: none"> • Exam preparation <p><u>Skill Acquisition</u></p> <ul style="list-style-type: none"> • Exam preparation <p><u>Sport & Society & Technology in Sport</u></p> <ul style="list-style-type: none"> • Role of technology • Exam preparation 	
	<p>40-minute tests in each area of the specification in November (Mock 1), January, February (Mock 2) and April. These should mirror the structure of a section of a real exam paper (i.e., 2 multiple choice, 10 marks worth of short answer questions, an 8-marker, and a 15-marker).</p>					