



# Year 13 Curriculum Grid



## A LEVEL PE



### ANATOMY AND PHYSIOLOGY

Year/Term	Unit	Intent
<b>Overall</b>	<b>Exercise Physiology and Biomechanical Movement</b>	<p>Students should understand the adaptations to the body systems through training or lifestyle, and how these changes affect the efficiency of those systems.</p> <p>Students should develop knowledge and understanding of motion and forces, and their relevance to performance in physical activity and sport.</p> <p>Students should have a knowledge and use of biomechanical definitions, equations, formulae, and units of measurement and demonstrate the ability to plot, label and interpret biomechanical graphs and diagrams.</p>
<b>Autumn 1</b>	Diet and nutrition and their effect on physical activity and performance	<ul style="list-style-type: none"><li>• Understand the exercise-related function of food classes.</li><li>• Positive and negative effects of dietary supplements/manipulation on the performer.</li></ul>
<b>Autumn 2</b>	Preparation and training methods in relation to maintaining physical activity and performance  Injury prevention and the rehabilitation of injury	<p>Students should understand quantitative methods, the types and use of data for planning, monitoring, and evaluating physical training, and to optimise performance.</p> <ul style="list-style-type: none"><li>• Understanding of the key terms relating to laboratory conditions and field tests.</li><li>• Physiological effects and benefits of a warm-up and cool down.</li><li>• Principles of training.</li><li>• Application of principles of periodisation.</li><li>• Training methods to improve physical fitness and health.</li></ul> <ul style="list-style-type: none"><li>• Types of injury.</li><li>• Understanding different methods used in injury prevention, rehabilitation, and recovery.</li><li>• Physiological reasons for methods used in injury rehabilitation.</li></ul>

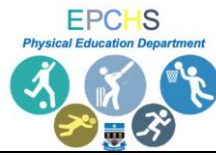




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	Fluid mechanics	<ul style="list-style-type: none"><li>• Factors affecting flight paths of different projectiles.</li><li>• Vector components of parabolic flight.</li> <li>• Dynamic fluid force.</li><li>• Factors that reduce and increase drag and their application to sporting situations.</li><li>• The Bernoulli principle applied to sporting situations.</li></ul>
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### SPORT PSYCHOLOGY

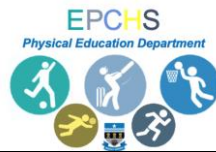
Year/Term	Unit	Intent
<b>Overall</b>	<b>Sport Psychology</b>	<p>In this section students will develop knowledge and understanding of the role of sport psychology in optimising performance in physical activity and sport.</p> <p>Students should be able to understand and interpret graphical representations associated with sport psychology theories.</p>
<b>Autumn</b>	Anxiety	<ul style="list-style-type: none"> <li>• Types of anxiety</li> <li>• Advantages and disadvantages of using observations, questionnaires, and physiological measures to measure anxiety</li> </ul>
	Aggression	<ul style="list-style-type: none"> <li>• Difference between aggression and assertive behaviour</li> <li>• Theories of aggression</li> <li>• Strategies to control aggression</li> </ul>
	Motivation	<ul style="list-style-type: none"> <li>• Intrinsic, extrinsic, tangible and intangible</li> </ul>
	Achievement Motivation Theory	<ul style="list-style-type: none"> <li>• Atkinson's Model of achievement motivation</li> <li>• Characteristics of personality components of achievement motivation</li> <li>• Impact of situational component of achievement motivation</li> <li>• Achievement goal theory</li> <li>• Strategies to develop approach behaviours leading to improvements in performance</li> </ul>
<b>Spring</b>	Social Facilitation	<ul style="list-style-type: none"> <li>• Social facilitation and inhibition</li> <li>• Evaluation apprehension</li> <li>• Strategies to eliminate the adverse effects of social facilitation and social inhibition</li> </ul>
	Group dynamics	<ul style="list-style-type: none"> <li>• Group formation</li> <li>• Cohesion</li> <li>• Steiner's model of potential and actual productivity, faulty group processes</li> <li>• Ringlemann effect and social loafing</li> </ul>
	Importance of goal setting	<ul style="list-style-type: none"> <li>• Benefits of types of goal setting</li> <li>• Principles of effective goal setting</li> </ul>
	Attribution theory	<ul style="list-style-type: none"> <li>• Attribution process</li> <li>• Weiner's Model and its application to sporting situations</li> <li>• Link between attribution, task persistence and motivation</li> <li>• Self-serving bias</li> <li>• Attribution retraining</li> </ul>



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		<ul style="list-style-type: none"> <li>• Learned helplessness</li> <li>• Strategies to avoid learned helplessness leading to improvements in performance</li> </ul>
	Self-efficacy and Confidence	<ul style="list-style-type: none"> <li>• Characteristics of self-efficacy, self-confidence and self-esteem</li> <li>• Bandura's Model of self-efficacy</li> <li>• Vealey's Model of self-confidence</li> <li>• Effects of home field advantage</li> <li>• Strategies to develop high levels of self-efficacy leading to improvements in performance</li> </ul>
Summer	Leadership	<ul style="list-style-type: none"> <li>• Characteristics of effective leaders</li> <li>• Styles of leadership</li> <li>• Leadership styles for different sporting situations</li> <li>• Prescribed and emergent leaders</li> <li>• Theories of leadership in different sporting situations</li> </ul>
	Stress Management	<ul style="list-style-type: none"> <li>• Explanation of the term's 'stress' and 'stressor'</li> <li>• Use of warm up for stress management</li> <li>• Effects of cognitive and somatic techniques on the performer</li> <li>• Explanation of cognitive techniques</li> <li>• Explanation of somatic techniques</li> </ul>
	Revision	<ul style="list-style-type: none"> <li>• Revision of Skill Acquisition and Sports Psychology prior to summer examination</li> </ul>



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### SPORT AND SOCIETY

Year/Term	Unit	Intent
<b>Overall</b>	<b>Sport &amp; Society and the role of technology in physical activity and sport</b>	<b>Sport and society and the role of technology in physical activity and sport.</b>  <b>Students should develop knowledge and understanding of the interaction between, and the evolution of, sport and society and the technological developments in physical activity and sport.</b>
<b>Autumn</b>	Concepts of physical activity and sport  Development of elite performers in sport  Ethics in sport	<ul style="list-style-type: none"><li>• The characteristics and functions of key concepts and how they create the base of the sporting development continuum.</li><li>• The similarities and the differences between these key concepts.</li><li>• The factors required to support progression from talent identification to elite performance.</li><li>• The generic roles, purpose and the relationship between organisations in providing support and progression from talent identification through to elite performance.</li><li>• The support services provided by National Institutes of Sports for talent development. The key features of UK Sport's World Class Performance Programme, Gold Event Series and Talent Identification and Development.</li><li>• Understanding of the key terms relating to ethics in sport.</li><li>• Positive and negative forms of deviance in relation to the performer</li></ul>
<b>Spring</b>	Violence in sport  Drugs in sport	<ul style="list-style-type: none"><li>• The causes and implications of violence in sport.</li><li>• Strategies for preventing violence within sport to the performer and spectator.</li><li>• The social and psychological reasons behind elite performers using illegal drugs and doping methods to aid performance.</li><li>• The physiological effects of drugs on the performer and their performance.</li></ul>



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	<p>Sport and the law</p> <p>Impact of commercialisation on physical activity and sport and the relationship between sport and the media</p>	<ul style="list-style-type: none"><li>• The positive and negative implications to the sport and the performer of drug taking.</li><li>• Strategies for elimination of performance enhancing drugs in sport.</li><li>• Arguments for and against drug taking and testing.</li><li>• The uses of sports legislation.</li><li>• The positive and negative impact of commercialisation, sponsorship and the media.</li></ul>
<b>Summer</b>	<p>The role of technology in physical activity and sport</p> <p>Revision</p>	<ul style="list-style-type: none"><li>• Understanding of technology for sports analytics.</li><li>• Functions of sports analytics</li><li>• The development of equipment and facilities in physical activity and sport, and their impact on participation and performance.</li><li>• The role of technology in sport and its positive and negative impacts.</li></ul>