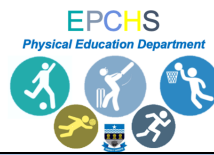




Year 13 Curriculum Grid

A LEVEL PE



Year/Term	Unit	Intent	Skills
Overall	Exercise Physiology and Biomechanical Movement	<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>	
Autumn 1	Diet and nutrition and their effect on physical activity and performance	<ul style="list-style-type: none"> Understand the exercise-related function of food classes. Positive and negative effects of dietary supplements/manipulation on the performer. 	<ul style="list-style-type: none"> Analysing Evaluating Thinking Critically Learning independently Communicating effectively Debating Researching Writing extensively Comparing Working in groups
Autumn 2	Preparation and training methods in relation to maintaining physical activity and performance	<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"> Understanding of the key terms relating to laboratory conditions and field tests. Physiological effects and benefits of a warm-up and cool down. Principles of training. Application of principles of periodisation. 	<ul style="list-style-type: none"> Analysing Evaluating Thinking Critically Learning independently Communicating effectively Debating Researching Writing extensively Comparing



Year 13 Curriculum Grid

A LEVEL PE



	Angular motion	<ul style="list-style-type: none">• Definitions, equations, and units of scalars.• The relationship between impulse and increasing and decreasing momentum in sprinting through the interpretation of force/time graphs.	<ul style="list-style-type: none">• Learning independently• Communicating effectively• Debating• Researching• Writing extensively• Comparing• Working in groups
	Projectile motion	<ul style="list-style-type: none">• Application of Newton's laws to angular motion.• Definitions and units for angular motion.• Conservation of angular momentum during flight, moment of inertia and its relationship with angular velocity.	
	Fluid mechanics	<ul style="list-style-type: none">• Factors affecting horizontal displacement of projectiles.• Factors affecting flight paths of different projectiles.• Vector components of parabolic flight. • Dynamic fluid force.• Factors that reduce and increase drag and their application to sporting situations.• The Bernoulli principle applied to sporting situations.	