

Physical Education KS5 Curriculum Overview

	Links to KS4		Students may have studied either GCSE, PE or BTEC Sport and two hours of core practical Physical Education. The course builds on the knowledge and skills developed in KS4 Physical Education, Maths and Science.					
	Intent	Statement of Intent	Students will study in greater depth the human body and human movement, sports acquisition and psychology and sport in society. Students will develop the skills to analyse sports performance and devise an appropriate training programme. Students will develop their interest in and enthusiasm for the subject, including a passion in further study and careers associated with the subject.					
		Timeline	Term 1 - 7 Weeks	Term 2 - 7 Weeks	Term 3 - 6 Weeks	Term 4 - 6 Weeks	Term 5 - 6 Weeks	Term 6 - 7 Weeks
	Implementation (Year 12)	Year 12 Overview	Component 1: Applied Anatomy and Physiology (2 hour exam – 90 marks: 30%) Component 2: Psychological Factors affecting performance (1 hour exam – 60 marks: 20%) Component 3: Socio-cultural issues in physical activity and sport (1 hour exam – 60 marks: 20%) Practical Performance (external moderation 15%) and EAPI (evaluating and analysing your own performance 15%) Anatomy and Physiology - skeletal and muscular systems, cardiovascular and respiratory systems, biomechanical principles and diet and training. Skill acquisition - classification, types and methods of practice, transfer of skills, learning theories, stages of learning. Sports Psychology and Sport in Society.					
		SOW (C1)	Joints, movements and muscles Analysis of movement	Cardiovascular system, respiration system during rest, exercise and recovery	Biomechanics - levers, biomechanic principles and analysing movement through technology	Diet and nutrition- functions of nutrients Energy intake and expenditure Ergogenic aids	Aerobic training, strength and flexibility training Periodisation of training	Impact of training on lifestyle diseases Year 12 revision, PPE and diagnosis therapy testing
		SOW (C2)	Classification of skills Types and methods of practice Transfer of skills	Principles and theories of learning movement skills Stages of learning Guidance Feedback	Personality Attitudes Motivation Arousal	Anxiety Aggression Social Facilitation	Group and team dynamics in sport Goal setting in sports performance	Year 12 revision Practical video starts Year 12 revision, PPE and diagnosis therapy testing
		SOW (C3)	Emergence and evolution Pre industrial Britain	Post industrial Britain 19th Century Britain	20th Century Britain 21st Century Britain	Global sporting events Olympic History	A&P - preparation and Training methods	Year 12 revision, PPE and diagnosis therapy testing
		Assessment Type & Unit Focus	RP1 - Four week assessment and summer induction activity	End of unit and key vocabulary assessments.	RP2/PPE 1 -	End of unit and key vocabulary assessments.	End of unit and key vocabulary assessments.	RP3/PPE3 -
	Implementation (Year 13)	Year 13 Overview	Students will study: Energy for exercise and injury prevention and rehabilitation. The study of human movement; linear and angular motion, fluid mechanics and projectile motion. Sports psychology - attribution in sport, confidence and self-efficacy in sports performance, leadership in sport, stress management to optimise performance. Contemporary issues in physical activity and sport-ethics and deviance, commercialisation and media, routes to sporting excellence and modern technology in sport. AO1: Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO2: Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO3: Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport. AO4: Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance.					
		SOW (C1)	Energy for exercise, energy systems and ATP resynthesis ATP resynthesis during exercise of differing intensities and durations The recovery process	Year 13 revision, PPE and diagnosis therapy testing Injury prevention and rehabilitation	Biomechanics - linear and angular motion	Fluid mechanics and projectile motion. Impact of training on lifestyle diseases.	Exercise at altitude and exercise at heat Exam preparation	
		SOW (C2)	Memory models Attribution	Confidence and self-efficacy in sports performance Leadership in sport	Stress management to optimise performance EAPI	EAPI submission Practical video submission	Revision for final exam	
		SOW (C3)	Ethics and deviance in sport Drugs and doping in sport, violence in sport and gambling	Commercialisation and Media	Routes into excellence	Modern Technology in sport	Revision for final exam	
		Assessment Type & Unit Focus	Reflection and DTT process from Year 12 PPE	RP1/PPE1 - End of unit and key vocabulary assessments	End of unit and key vocabulary assessments	RP2 - In class assessment	RP3/PPE2 - End of unit and key vocabulary assessments	Targeted revision sessions, small group tutorials and pre-exam booster sessions.
		Topic Texts	Fundamental Biomechanics of Sport & Exercise - <i>James Watkins</i> How Bad Do You Want It - <i>Matt Fitzgerald</i> Mental Combat - <i>Phil Pierce</i> Use of Dynamic Learning to enrich reading opportunities and extend knowledge (PE Review Journal) https://my.dynamic-learning.co.uk/Default.aspx?cid=102815 Username: 102815xr Password: erteach Centre ID: 102815					
	Impact	Year 12 Review Points	RP1: T1, Wk3		RP2 (PPE1): T3, Wk2			RP3 (PPE2): T6, Wk4
		Year 13 Review Points		RP1 (PPE1): T2, Wk1		RP2: T4, Wk1	RP3 (PPE2): T5, Wk1	
		How It Is Used / Skills Set Developed / Outcomes	Students will complete an in depth analysis, including being able to respond effectively to the examinations' extended questions. Students will be able to demonstrate greater knowledge and understanding of the key roles the skeletal and muscular systems play in the performance of physical activities and sport, applying to real life sporting situations. Students will develop coaching techniques including being able to classify skills with justifications and learning how sport has evolved over the last century.					
		Links to Higher Education	Year one of a sports degree will often repeat a considerable amount of A level content which means students will start with a strong foundation to build from.					
		Careers in the Curriculum	Sports Physiotherapy, Sports Psychology, Medical Robotics, Professional Coaching, Hawk-Eye Innovations, Move GB, Sports Surgery, Department of Health & Social Care and UK Professional Sports Clubs					