



Year 13 Curriculum Grid



A LEVEL PE

Year/Term	Unit	Intent
Overall	Sport & Society and the role of technology in physical activity and sport	<p>Sport and society and the role of technology in physical activity and sport.</p> <p>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.</p>
Autumn	<p>Concepts of physical activity and sport</p> <p>Development of elite performers in sport</p> <p>Ethics in sport</p>	<ul style="list-style-type: none"> • The characteristics and functions of key concepts and how they create the base of the sporting development continuum. • The similarities and the differences between these key concepts. • The factors required to support progression from talent identification to elite performance. • The generic roles, purpose and the relationship between organisations in providing support and progression from talent identification through to elite performance. • 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. • Understanding of the key terms relating to ethics in sport. • Positive and negative forms of deviance in relation to the performer
Spring	<p>Violence in sport</p> <p>Drugs in sport</p> <p>Sport and the law</p>	<ul style="list-style-type: none"> • The causes and implications of violence in sport. • Strategies for preventing violence within sport to the performer and spectator. • The social and psychological reasons behind elite performers using illegal drugs and doping methods to aid performance. • The physiological effects of drugs on the performer and their performance. • The positive and negative implications to the sport and the performer of drug taking. • Strategies for elimination of performance enhancing drugs in sport. • Arguments for and against drug taking and testing. • The uses of sports legislation.



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	Impact of commercialisation on physical activity and sport and the relationship between sport and the media	<ul style="list-style-type: none">• The positive and negative impact of commercialisation, sponsorship and the media.
Summer	The role of technology in physical activity and sport	<ul style="list-style-type: none">• Understanding of technology for sports analytics.• Functions of sports analytics• The development of equipment and facilities in physical activity and sport, and their impact on participation and performance.• The role of technology in sport and its positive and negative impacts.
	Revision	



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Overall	Sport Psychology	<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>
Autumn	Anxiety	<ul style="list-style-type: none"> • Types of anxiety • Advantages and disadvantages of using observations, questionnaires, and physiological measures to measure anxiety
	Aggression	<ul style="list-style-type: none"> • Difference between aggression and assertive behaviour • Theories of aggression • Strategies to control aggression
	Motivation	<ul style="list-style-type: none"> • Intrinsic, extrinsic, tangible and intangible
	Achievement Motivation Theory	<ul style="list-style-type: none"> • Atkinson's Model of achievement motivation • Characteristics of personality components of achievement motivation • Impact of situational component of achievement motivation • Achievement goal theory • Strategies to develop approach behaviours leading to improvements in performance
Spring	Social Facilitation	<ul style="list-style-type: none"> • Social facilitation and inhibition • Evaluation apprehension • Strategies to eliminate the adverse effects of social facilitation and social inhibition
	Group dynamics	<ul style="list-style-type: none"> • Group formation • Cohesion • Steiner's model of potential and actual productivity, faulty group processes • Ringlemann effect and social loafing
	Importance of goal setting	<ul style="list-style-type: none"> • Benefits of types of goal setting • Principles of effective goal setting
	Attribution theory	<ul style="list-style-type: none"> • Attribution process • Weiner's Model and its application to sporting situations • Link between attribution, task persistence and motivation • Self-serving bias • Attribution retraining • Learned helplessness • Strategies to avoid learned helplessness leading to improvements in performance
	Self-efficacy and Confidence	<ul style="list-style-type: none"> • Characteristics of self-efficacy, self-confidence and self-esteem • Bandura's Model of self-efficacy • Vealey's Model of self-confidence • Effects of home field advantage



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		<ul style="list-style-type: none">• Strategies to develop high levels of self-efficacy leading to improvements in performance
Summer	Leadership	<ul style="list-style-type: none">• Characteristics of effective leaders• Styles of leadership• Leadership styles for different sporting situations• Prescribed and emergent leaders• Theories of leadership in different sporting situations
	Stress Management	<ul style="list-style-type: none">• Explanation of the term's 'stress' and 'stressor'• Use of warm up for stress management• Effects of cognitive and somatic techniques on the performer• Explanation of cognitive techniques• Explanation of somatic techniques
	Revision	<ul style="list-style-type: none">• Revision of Skill Acquisition and Sports Psychology prior to summer examination



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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.
Autumn 2	<p>Preparation and training methods in relation to maintaining physical activity and performance</p> <p>Injury prevention and the rehabilitation of injury</p>	<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. • Training methods to improve physical fitness and health. <ul style="list-style-type: none"> • Types of injury. • Understanding different methods used in injury prevention, rehabilitation, and recovery. • Physiological reasons for methods used in injury rehabilitation. • Importance of sleep and nutrition for improved recovery.
Spring	Biomechanical movement	Students should develop knowledge and understanding of motion and forces, and their relevance to performance in physical activity and sport.



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	Levers	<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> <ul style="list-style-type: none">• Newton's Three Laws of linear motion applied to sporting movements.• Definitions, equations, and units of example scalars.• Centre of mass.• Factors affecting stability. <ul style="list-style-type: none">• Three classes of lever and examples of their use in the body during physical activity and sport.• Mechanical advantage and mechanical disadvantage of each class of lever.
Summer	Linear motion	<ul style="list-style-type: none">• An understanding of the forces acting on a performer during linear motion.• Definitions, equations, and units of vectors.• Definitions, equations, and units of scalars.• The relationship between impulse and increasing and decreasing momentum in sprinting through the interpretation of force/time graphs.
	Angular 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.
	Projectile motion	<ul style="list-style-type: none">• Factors affecting horizontal displacement of projectiles.• Factors affecting flight paths of different projectiles.• Vector components of parabolic flight.
	Fluid mechanics	<ul style="list-style-type: none">• Dynamic fluid force.• Factors that reduce and increase drag and their application to sporting situations.• The Bernoulli principle applied to sporting situations.