King Ecgbert School: A Level PE, Section A Curriculum Map (AQA)



Consolidation of learning and revision (Paper 1 & Paper 2)

Exam preparation session with former examiner





A Level Paper 1 and paper 2

Higher Education/ employment





Injury prevention and the rehabilitation of injury (Paper 2)

Drugs in sport (Paper 2)

Physiological effects of drugs on the performer and their performance

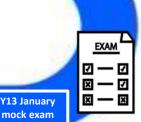




Biomechanics (Paper 2)

Will develop knowledge and understanding of motion and forces, and their relevance to performance in physical activity and sport.

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.



Year 13



Energy systems (Paper 2)

Students should develop knowledge and understanding of energy systems prior to exercise, during exercise of differing intensities and during recovery



Y12 mock exam



Diet and nutrition (Paper 1)

Preparation and training methods in relation to maintaining physical activity and performance



The Musculo-skeletal system and analysis of movement in physical activities (Paper 1)





Year

Cardiovascular system (Paper 1)

Understanding of the impact of physical activity and sport on the health and fitness of the individual on the heart

Respiratory system

(Paper 1)

Understanding of the impact of physical activity and sport on lungs structure and function

Your A-Level Section A Journey starts here

A level Physical Education Breakdown

Examination – 70%

• NEA – 30% practical of one sport and supporting coursework to improve performance.

Exams (70%)

35% Paper 1 – Factors affecting participation in Physical activity in sport

Section A: Applied anatomy and physiology

Section B: Skill acquisition Section C: Sport and society

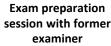
35% Paper 2 - Factors affecting optimal performance in physical activity and sport

Section A: Exercise physiology and biomechanics

Section B: Sport psychology
Section C: Sport and society and technology in sport

King Ecgbert School: A Level PE, Section B **Curriculum Map (AQA)**







Walking talking mock

A Level Paper 1 and paper 2



Higher Education/ employment

Consolidation of learning and revision (Paper 1 & Paper 2)

Group Dynamics and Social facilitation

Students will develop knowledge of group formation, cohesion, group productivity and social loafing. Students will study Zajoncs theories of social facilitation and social inhibition



Leadership

Students will develop their knowledge and understanding of styles of leadership including what makes an effective leader and how leadership styles vary depending upon the situation.

Attribution theory, selfefficacy and confidence

Understanding the attribution theory Strategies to overcome learned helplessness Understanding the theory of self-efficacy-Bandura and Vealey

Strategies to develop self-

Goal setting

Understanding the types and principles of goal setting. Outcome, performance and process goals **SMARTER**



Aggression in sport

- Students will study; The difference
- between assertion & aggression.
- Theories of aggression & strategies to control aggression.

Motivation & Achievement

Students will develop knowledge of approach & avoidance behaviours and be able to evaluate how those behaviours impact upon sporting performance





Year **13**

Personality & Attitudes

Students will develop knowledge and understanding of how personality and attitudes are formed, developed and changed and the role they play in sporting performance and success.



Theories of Arousal, Anxiety & Stress Management

Students will study arousal theories such as Drive Theory, Inverted U, Catastrophe Theory and the Zone of Optimal Functioning and the impact arousal levels have on sporting performance. They will develop their understanding of anxiety & the techniques used to manage stress



Year

12

Y12 mock exam



Theories of Learning

Understanding the stages of learning and the concept of learning plateaus Understanding how the theories of learning impact on skill development and performance.

- Cognitive theory
- Behaviourism
- Social Learning
- Constructivism



Guidance and Feedback

Understanding how different types of guidance and feedback impact upon the development of skill and bring about improved performance.

Skill, skill continuums, transfer of skills & practice

This section focuses upon how skills are acquired, developed and classified in a range of physical activities.

- Characteristics of skill
- Skill classifications open closed, Discrete serial continuous, gross – fine, high – low, simple – complex, selfpaced - externally paced
- Transfer of learning positive, negative, zero, bilateral.
- Methods of presenting practice
- Type of practice

Your A-Level Section B Journey starts here



Information processing model & how to improve the efficiency of the processing of information.

- Students will understand how information is picked up and processed and how this process impacts upon sporting performance with reference to Baddeley and Hitch and Whitings models
- Students will understand the factors that influence how effectively the information is processed using theories such as Hicks' Law and Schema Theory, anticipation and reaction time.

A level Physical Education Breakdown

- NEA 30% practical of one sport and supporting coursework to improve performance.

Exams (70%)

35% Paper 1 – Factors affecting participation in Physical activity in sport Section A: Applied anatomy and physiology

Section C: Sport and society

35% Paper 2 - Factors affecting optimal performance in physical activity and sport

Section C: Sport and society and technology in sport

Section A: Exercise physiology and biomechanics

King Ecgbert School: A Level PE, Section C Curriculum Map (AQA)



Exam preparation session with former examiner



A Level Paper 1
and paper 2

Higher Education/ employment



Walking talking mock

Consolidation of learning and revision (Paper 1 & Paper 2)

Drugs in sport (Paper 2)

- Social and Psychological reasons and impacts of using illegal substances and doping methods
- Physiological effects of drugs on the performer and their performance
- · Strategies for elimination
- Arguments for and against testing







media (Paper 2)

Impact of commercialisation on physical activity

The positive and negative impact of

and sport and relationship between sport and the

Sport and the law (Paper 2)

 The uses of legislation in relation to Performers, Officials, Coaches and Spectators

Violence in sport(Paper 2)

 Causes, impact and strategies in place to eradicate the impact of violence on performer, spectator and sport

Concepts of physical activity and sport (Paper 2)

- The characteristics and functions of key concepts and how they create the base of the sporting development continuum (Physical recreation, sport PE and school sport)
- Understanding the similarities and differences



Ethics in sport (Paper 2)

 Amateurism, the Olympic Oath, sportsmanship, gamesmanship, win ethic and deviance

M

Y13 January mock exam

Development of elite performers in sport (Paper 2)

- The factors required to progress from talent ID to elite performer
- Role, purpose and relationship between organisations in supporting development of elite performers
- Key features of programmes in place to support and identify talent

Year 13

Y12 mock exam



The role of technology in physical activity and sport (Paper 1 and 2)

- 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



Year 12



The Impact of sport on society and of society on sport (Paper 1)

- Sociological theory applied to equal opportunities
- Benefits of physical activity to both the individual and society
- The interrelationship between Sport England, local and national partners to increase participation at grass roots level and under-represented groups in sport

Your A-Level Section
C Journey starts here

Emergence of globalisation of sport in the 21st century (Paper 1)

- Develop an understanding of popular and rational recreation leading to the emergence of modern sport through to the globalisation of sport in the 21st century
- Understand the impact of social factors on the development of football, tennis and athletics
- · Characteristics and impact of the golden triangle

A level Physical Education Breakdown

- Examination
- NEA 30% practical of one sport and supporting coursework to improve performance

Exams (70%)

35% Paper 1 – Factors affecting participation in Physical activity in sport Section A: Applied anatomy and physiology Section B: Skill acquisition

Section C: Sport and society

35% Paper 2 - Factors affecting optimal performance in physical activity and sport Section A: Exercise physiology and biomechanics

Section B: Sport psychology

Section C: Sport and society and technology in sport