

<p>Year: 12 A level Subject: PE</p>	<p>Curriculum Intent: This course will prepare learners for the further study of PE or sports science courses as well as other related subject areas such as psychology, sociology, and biology. Learners will also develop the transferable skills that are in demand by further education, Higher Education, and employers in all sectors of industry. This specification will create confident, independent thinkers and effective decision makers who can operate effectively as individuals or as part of a team – all skills that will enable them to stand out and effectively promote themselves as they progress through life.</p>					
	<p>Term 1</p> <ol style="list-style-type: none"> 1. Applied anatomy and physiology 2. Skill Acquisition 3. Applied anatomy and physiology 4. Skill Acquisition/Psychology 		<p>Term 2</p> <ol style="list-style-type: none"> 1. Exercise Physiology 2. Social Cultural 		<p>Term 3</p> <ol style="list-style-type: none"> 1. Biomechanics 2. Social Cultural 	
<p>Topic Titles (in order of delivery)</p>	<p>Skeletal and muscular systems. Personality.</p>	<p>Cardiovascular and Respiratory system. Attitude.</p>	<p>Diet nutrition and their effects on physical activity. Motivation EAPI</p>	<p>Preparation and training methods. Arousal</p>	<p>Biomechanical principles motion, force, and the use of technology. Arousal</p>	<p>Levers Stability and biomechanical principles. Anxiety EAPI</p>
<p>Key knowledge / Retrieval topics</p>	<p>Joints muscles movement patterns Planes of movement Roles of muscles Muscular contractions Motor Units Types of muscles. Personality Motivation Anxiety Aggression Social Facilitation</p>	<p>Heart Rate, Stroke Volume and Cardiac Output. Cardiac Cycle Neural Hormonal and Intrinsic control. Vascular Shunt. Vasomotor centre. Mechanics. Neural Chemical control. Attitudes Arousal</p>	<p>Energy Intake and expenditure. Energy balance. Pharmacological aids. Physiological aids. Nutritional aids Motivation Anxiety</p>	<p>Periodisation Phases of training Aerobic capacity Strength Flexibility Arousal EAPI verbal response NEA section.</p>	<p>Newtons laws Net Force Friction and air resistance. Limb Kinematics Force plates Wind tunnels.</p>	<p>Centre of mass Stability Levers Mechanical advantage. Anxiety Social Facilitation.</p>
<p>Understanding / Sequence of delivery</p>	<ol style="list-style-type: none"> 1. Bones, Structure of the Joint 2. Movement linked with Planes 	<ol style="list-style-type: none"> 1. Cardiovascular – pulmonary Systemic structure of the heart 	<ol style="list-style-type: none"> 1. Physiological aids / Nutritional aids. 2. Principles of training 	<ol style="list-style-type: none"> 1. Types of strength 2. Types of strength training 	<ol style="list-style-type: none"> 1. Newton’s Laws Force calculations 2. Force, Net force, balanced 	<p>Stability and Lever systems and classes. Efficiency of levels. Limb Kinematics,</p>

	<ul style="list-style-type: none"> 3. Muscle groups. 4. Motor Units, Motor neuron 5. Muscle fibre type 6. Vasomotor control, sympathetic nervous system 7. Breathing rate, tidal volume, minute ventilation, calculations 8. Respiratory regulation 9. Dissociation curve and Bohr shift 10. Classification of skills 11. Transfer of skills 12. Learning theories 	<ul style="list-style-type: none"> 2. Heat rate, SV and Q at rest and during exercise 3. Structure of the respiratory system and Gas transport 4. Mechanics of breathing. 5. Gaseous exchange and Partial Pressure. 6. Dissociation curve and Bohr shift 7. Guidance 8. Feedback 9. Personality 10. Attitude 11. Motivation and Arousal 12. Arousal theories 13. Aggression 14. Group formation 15. Team cohesion 16. Goal setting 	<ul style="list-style-type: none"> 3. Aerobic capacity Affecting factors 4. Training HR and Karvonens principle 5. Adaptations of the aerobic system 6. Principles of training 7. Periodisation / periodisation 8. VO2 max / Methods of evaluating 9. Continuous and HIIT 10. Adaptations of the aerobic system 11. Emergence of sport: Pre 1850 12. Emergence of sport: Post 1850 13. Emergence of sport 20th Century 14. Emergence of sport 21st Century 	<ul style="list-style-type: none"> 3. factors affecting / Evaluation of flexibility 4. Flexibility training Static Isometric PNF Ballistic and Dynamic. 5. Factors effecting strength 6. Adaptations to strength training 7. Types of flexibility 8. Flexibility training Static Isometric PNF Ballistic and Dynamic. 9. EAPI: an Introduction 10. EAPI: Strengths and Weaknesses 11. EAPI: Action plan 12. EAPI: Action plan 	<ul style="list-style-type: none"> unbalanced forces, Weight, reaction Friction and air resistance 3. Horizontal forces Calculations of Force, momentum. 4. Free body diagrams and factors effecting COM 5. Globalisation of sport in 21st Century 6. Global games Hosting major events 7. Hosting games 	<ul style="list-style-type: none"> force plates and wind tunnels. EAPI round 3 (if required) EAPI round 3 (if required) 10-mark question technique General exam technique
Assessment	<p>Grade D-E</p> <p>42% of marks on short mark answers – Bones, Joints, Muscles, Classification of skill.</p>	<p>Grade D-E</p> <p>42% up to 5-mark questions include Respiration, Cardiac Gaol setting and Personality.</p>	<p>Grade D-E</p> <p>42% up to 6-mark questions on accumulation of all topics so far. This includes more extended writing on</p>	<p>Grade D-E</p> <p>42% up to 6-mark questions on accumulation of all topics so far. This includes more extended writing on</p>	<p>Grade D-E</p> <p>42% up to 10-mark questions on all topics covered including training programmes, physics topics and</p>	<p>Grade D-E</p> <p>59% End of year exam, and first attempt of EAPI</p>

			training programmes and Emergence of sport.	exercise physiology adaptations to training and EAPI prep work.	Globalisation. Include critical evaluation and AO3 topics.	
Grade C	Grade C	Grade C	Grade C	Grade C	Grade C	Grade C
51% of marks on short mark answers – Bones, Joints, Muscles, Classification of skill.	51% up to 5-mark questions include Respiration, Cardiac Gaol setting and Personality.	51% up to 6-mark questions on accumulation of all topics so far. This includes more extended writing on training programmes and Emergence of sport.	51% up to 6-mark questions on accumulation of all topics so far. This includes more extended writing on training programmes and Emergence of sport.	51% up to 6-mark questions on accumulation of all topics so far. This includes more extended writing on exercise physiology adaptations to training and EAPI prep work.	51% up to 10-mark questions on all topics covered including training programmes, physics topics and Globalisation. Include critical evaluation and AO3 topics.	59% End of year exam, and first attempt of EAPI
Grade A-B	Grade A-B	Grade A-B	Grade A-B	Grade A-B	Grade	Grade
59%+ of marks on short mark answers – Bones, Joints, Muscles, Classification of skill.	59% up to 5-mark questions include Respiration, Cardiac Gaol setting and Personality.	59% up to 6-mark questions on accumulation of all topics so far. This includes more extended writing on training programmes and Emergence of sport.	59% up to 6-mark questions on accumulation of all topics so far. This includes more extended writing on training programmes and Emergence of sport.	59% up to 6-mark questions on accumulation of all topics so far. This includes more extended writing on exercise physiology adaptations to training and EAPI prep work.	59% up to 10-mark questions on all topics covered including training programmes, physics topics and Globalisation. Include critical evaluation and AO3 topics.	59% End of year exam, and first attempt of EAPI