

## Curriculum Map

Subject: A-Level PE

Term	Year 12	Year 13
1	<p><b>Course Introduction</b></p> <ul style="list-style-type: none"> <li>• Hand out folders</li> <li>• Outline of course</li> <li>• Expectations</li> <li>• Explanation of theory and practical activities</li> </ul> <p><b>Physiological Factors Affecting Performance</b></p> <p><b>Applied Anatomy and Physiology</b></p> <ul style="list-style-type: none"> <li>• Joints, muscles and movement</li> <li>• Roles of muscles and types of contraction</li> <li>• Movement analysis</li> <li>• Skeletal muscle contraction</li> <li>• Muscle fibres and recruitment</li> </ul> <p><b>Psychological Factors Affecting Performance</b></p> <p><b>Skill Acquisition</b></p> <ul style="list-style-type: none"> <li>• Classification of skills</li> <li>• Types and methods of practice</li> <li>• Transfer of skills</li> <li>• Principles and theories</li> <li>• Stages of learning</li> <li>• Guidance</li> </ul> <p><b>Assessment 1:</b></p> <ul style="list-style-type: none"> <li>• 1 hour paper (45marks) on <b>Physiological Factors Affecting Performance</b></li> <li>• 30 minute paper (30marks) on <b>Psychological Factors Affecting Performance</b></li> </ul>	<p><b>Physiological Factors Affecting Performance</b></p> <p><b>Exercise Physiology</b></p> <ul style="list-style-type: none"> <li>• Diet and nutrition</li> <li>• Ergogenic aids</li> <li>• Aerobic training</li> <li>• Strength training</li> <li>• Flexibility training</li> <li>• Periodisation of training</li> <li>• Impact of training on lifestyle diseases</li> <li>• Injuries in sport</li> </ul> <p><b>Socio-Cultural Issues in Physical Activity and Sport</b></p> <p><b>Sport and Society</b></p> <ul style="list-style-type: none"> <li>• Emergence and evolution of sport</li> <li>• Global sporting events</li> </ul> <p><b>Performance in Education</b></p> <p><b>Evaluation and Analysis of Performance for Improvement (EAPI)</b></p> <ul style="list-style-type: none"> <li>• Write-up and completion</li> </ul> <p><b>Assessment 4 (Year 12 Mock Examination):</b></p> <ul style="list-style-type: none"> <li>• 2 hour paper (90marks) on <b>Physiological Factors Affecting Performance</b></li> <li>• 1 hour paper (60 marks) on <b>Psychological Factors Affecting Performance</b></li> <li>• 30 minute paper (30marks) on <b>Socio-Cultural Issues in Physical Activity and Sport</b></li> </ul>
2	<p><b>Physiological Factors Affecting Performance</b></p> <p><b>Applied Anatomy and Physiology</b></p> <ul style="list-style-type: none"> <li>• Cardiovascular system at rest</li> <li>• Cardiovascular system during exercise</li> <li>• Respiratory system at rest</li> <li>• Respiratory system during exercise</li> </ul>	<p><b>Physiological Factors Affecting Performance</b></p> <p><b>Biomechanics</b></p> <ul style="list-style-type: none"> <li>• Biomechanical principles, levers and analysis</li> <li>• Motion and mechanics</li> </ul> <p><b>Socio-Cultural Issues in Physical Activity and Sport</b></p> <p><b>Contemporary Issues in Sport</b></p>

	<p><b>Psychological Factors Affecting Performance</b></p> <p><b>Skill Acquisition</b></p> <ul style="list-style-type: none"> <li>• Feedback</li> <li>• Memory models</li> </ul> <p><b>Sports Psychology</b></p> <ul style="list-style-type: none"> <li>• Individual differences</li> <li>• Group and team dynamics</li> <li>• Goal setting</li> <li>• Attribution</li> </ul> <p><b>Assessment 2:</b></p> <ul style="list-style-type: none"> <li>• 1 hour paper (45marks) on <b>Physiological Factors Affecting Performance</b></li> <li>• 30 minute paper (30marks) on <b>Psychological Factors Affecting Performance</b></li> </ul>	<ul style="list-style-type: none"> <li>• Ethics and deviance</li> <li>• Commercialisation and media</li> <li>• Routes to sporting excellence</li> <li>• Modern technology</li> </ul> <p><b>Assessment 5 (Year 13 Mock Examination):</b></p> <ul style="list-style-type: none"> <li>• 2 hour paper (90marks) on <b>Physiological Factors Affecting Performance</b></li> <li>• 1 hour paper (60 marks) on <b>Psychological Factors Affecting Performance</b></li> <li>• 1 hour paper (60marks) on <b>Socio-Cultural Issues in Physical Activity and Sport</b></li> </ul>
3	<p><b>Physiological Factors Affecting Performance</b></p> <p><b>Applied Anatomy and Physiology</b></p> <ul style="list-style-type: none"> <li>• Energy systems</li> <li>• The recovery process</li> <li>• Exercise at altitude and at heat</li> </ul> <p><b>Psychological Factors Affecting Performance</b></p> <p><b>Sports Psychology</b></p> <ul style="list-style-type: none"> <li>• Confidence and self-efficacy</li> <li>• Leadership in sport</li> <li>• Stress management</li> </ul> <p><b>Performance in Education</b></p> <p><b>Evaluation and Analysis of Performance for Improvement (EAPI)</b></p> <ul style="list-style-type: none"> <li>• Introduction and drafts</li> </ul> <p><b>Assessment 3 (Year 12 Mock Examination):</b></p> <ul style="list-style-type: none"> <li>• 2 hour paper (90marks) on <b>Physiological Factors Affecting Performance</b></li> <li>• 1 hour paper (60 marks) on <b>Psychological Factors Affecting Performance</b></li> </ul>	<p><b>Revision of A-Level-PE Course</b></p>

**Notes-** *the majority of content is delivered in a classroom setting with some practical sessions to support learning. Students will have 3 lessons a week assigned to **Physiological Factors Affecting Performance** and **Performance in Education** units. Students will have 2 lessons a week assigned to **Psychological Factors Affecting Performance** and **Socio-Cultural Issues in Physical Activity***

*Regular mock assessments will take place throughout the duration of the course and intervention will be implemented for students under their target grade. Assessments carried out will be **cumulative** and will feature all content covered in the unit so far.*