

**Curriculum Map A Level Physical Education YR13**

	<b>Autumn 1 Autumn 2</b>			<b>Spring 1 Spring 2</b>			<b>Summer Term</b>
	<b>Physiological factors affecting performance</b>	<b>Evaluating and Analysing Performance for Improvement</b>	<b>Socio-cultural issues in physical activity and sport</b>	<b>Physiological factors affecting performance</b>	<b>Psychological factors affecting performance</b>	<b>Socio-cultural issues in physical activity and sport</b>	<b>All units</b>
<b>Content</b> Declarative knowledge 'I Know'	Linear motion, angular motion, fluid mechanics and projectile motion  Injury prevention and the rehabilitation of injury	Strengths and Weakness Development Plan	Ethics & Deviance in sport  Commercialisation & Media	-Environmental effects on body systems  -Energy for exercise	Memory models Attribution Confidence Leadership Stress Management	Routes to sporting excellence  Modern technology in sport	Exam preparation  Practical moderation will take place in April each year.
<b>Skills</b> Procedural Knowledge 'I know how to'	I know and understand the different acute and chronic injuries related to physical activities and sports.  Understand how injury can be prevented by understating the risk factors associated with physical activities and sports.  I understand the definition, quantities, and	I know how to analyse strengths and weakness of a sporting performance  I know how to link in theory content from all sections to the analysis  I know how to articulate information about a performance and identify an area for improvement  I know how to plan a training	I know and understand how ethics and forms of deviance affect sport. I know how to use practical examples to support this.  I know how the different forms of doping in sport affect the different stakeholders.  I know how commercialisation and media affect activity and sport.  I understand the relationship between	Understand the role of Adenosine Triphosphate (ATP) as energy currency, along with the principle of the coupled reactions and resynthesis of ATP.  I understand the effects of exercise intensity on excess post exercise oxygen consumption.  I understand the how altitude and heat effect the cardiovascular and respiratory system and their effect on	I know how to apply Memory models to a sporting performance.  I know how to attribute failure in sport to improve performance.  I know how confidence and self-efficacy impacts sports performance  I know what makes a good a good leader and the types of leadership in sport	I know how to explain the routes to sporting excellence in the UK.  I know how to discuss the role that UK sport and national institutes play in developing sporting excellence.  I know how to evaluate the impact of modern technology on sport for the elite and general participation.	.

	<p>creation of both linear and angular motion. I understand the concepts of fluid mechanics and Projectile motion.</p>	<p>programme to improve an identified weakness.</p>	<p>sport, media and business.</p>	<p>performance at different exercise intensities.</p>	<p>I know the different types of Stress management techniques to optimise performance</p>		
<p><b>Strategies</b> Conditional Knowledge 'I know when to'</p>	<p>I can describe the benefits of warmup and cool down routines used in physical activities and sport.</p> <p>Explain how to respond to injuries and medical conditions in a sporting context.</p> <p>Calculate and interpret graphs surrounding linear and angular motion.</p> <p>I can apply the Bernoulli Principle to</p>	<p>I know when to link in theory to a strength or weakness</p> <p>I know when to elaborate on a strength or weakness and clearly identify the impact on performance</p> <p>I know when to provide detail about how to improve a performance.</p>	<p>I know when to discuss the implications of doping on performers.</p> <p>I know when to state the reasons for different forms of deviance in sport.</p> <p>I know when to explain the factors that lead to commercialisation of sport.</p> <p>I know when to justify the positive and negative impacts of commercialisation/m edia. On sport.</p>	<p>I can describe, in detail, the different energy systems relating to the energy continuum and can explain how different factors can affect the energy systems.</p> <p>Interpret figures relating to the recovery process and the three energy systems in order to determine the different intensities and durations.</p>	<p>I know when to apply the different models of memory to sporting situations</p> <p>I know when to attribute success or failure to certain aspects in order to improve performance</p> <p>I know what leadership style to adopt depending on the situation</p> <p>I know when to use different types of stress management techniques to improve performance</p>	<p>I know when to describe the route to sporting excellence.</p> <p>I know when to analyse the role of UK sport in developing sporting excellence.</p> <p>I know when to evaluate the extent to which modern technology has affected elite level sport. (and on fairer outcomes in sport).</p>	

	projectile motion.						
Key Questions	<p>'Define and explain how linear and angular motion is created'</p> <p>'Explain the difference between acute and chronic injury'</p>	<p>What are the strengths of the performance you are observing?</p> <p>What are the weaknesses of the performance you are observing?</p> <p>What area would you identify as a main weakness and why?</p> <p>How would you improve that area of weakness?</p>	<p>State the different performance enhancing drugs.</p> <p>Explain the causes of violence in sport for performers and spectators.</p> <p>Analyse the effects of media on sport</p> <p>Evaluate the impacts of commercialisation on sport.</p>	<p>'Explain the three energy systems with reference to the site of reaction, the controlling enzymes, the ATP yield and any by-products of the reaction.'</p> <p>'How does the body return to its pre-exercise state with reference to EPOC'</p>	<p>What are the two memory models? How would you apply these to sport?</p> <p>How would you attribute failure in order to improve performance?</p> <p>What leadership style would you adopt in a particular sporting situation?</p>	<p>Describe a method of talent identification.</p> <p>How do national institutes develop sporting excellence.</p> <p>Analyse the impact modern technology has had on creating fairer outcomes in sport.</p>	
Assessment topics	<p>Q and A class</p> <p>Short Answer Questions</p> <p>Long answer questions</p> <p>End of unit tests</p> <p>5 minute tests</p>	<p>EAPI verbal examination</p> <p>Q and A class</p> <p>Short Answer Questions</p> <p>Long answer questions</p> <p>End of unit tests</p> <p>5 minute tests</p>	<p>Q and A class</p> <p>Short Answer Questions</p> <p>Long answer questions</p> <p>End of unit tests</p> <p>5 minute tests</p>	<p>Q and A class</p> <p>Short Answer Questions</p> <p>Long answer questions</p> <p>End of unit tests</p> <p>5 minute tests</p>	<p>Q and A class</p> <p>Short Answer Questions</p> <p>Long answer questions</p> <p>End of unit tests</p> <p>5 minute tests</p>	<p>Q and A class</p> <p>Short Answer Questions</p> <p>Long answer questions</p> <p>End of unit tests</p> <p>5 minute tests</p> <p>Year 13 Mocks</p>	
Cross curricular links/Character Education	<p>Biology</p> <p>Physics</p> <p>Maths</p>	<p>All other components of the A level course</p> <p>Biology</p>	<p>Sociology</p> <p>Psychology</p>	<p>Biology</p> <p>Nutrition</p>	<p>Coaching/teaching</p> <p>SMSC</p> <p>Psychology</p>	<p>Technology</p>	

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