

Academic PE Curriculum Outline

2023-2024

	Term 1	Term 2	Term 3	Term 4	Term 5	
Year 13	Unit Title: <i>Paper Two: Section B-Sports Psychology and Paper Two: Section C- Sport & Society & Technology</i> Knowledge: <ul style="list-style-type: none"> • Goal Setting, attribution Theory, self-efficacy and self-confidence, leadership and stress management. • Ethical considerations Ethics, violence and drugs in sport and the law. • Commercialisation The positive and negative effects of commercialisation. • Role of Technology Analytical studies of sport. Skills: <ul style="list-style-type: none"> • AO1/2/3 core assessment objectives. • Analytical and evaluative. • Application 	Unit Title: <i>Paper Two: Section B-Biomechanical Principles</i> Knowledge: <ul style="list-style-type: none"> • Biomechanical movement Levers, linear motion, angular motion, projectile motion and fluid motion. • NEA Continuation and submission of first draft. Skills: <ul style="list-style-type: none"> • AO1/2/3 core assessment objectives. • Organisational, reflective, analytical and evaluative. • Application. 	Unit Title: <i>Paper Two: Section A-Exercise Physiology</i> Knowledge: <ul style="list-style-type: none"> • Diet and Nutrition Understanding the exercise-related function of food. • Preparation and Training methods Applied principles of training and periodisation. • Injury Prevention Types, prevention, rehabilitation and recovery from injury. • NEA Written Final Submission. • NEA A04 Practical Submission. Skills: <ul style="list-style-type: none"> • AO1/2/3/4 core assessment objectives. • Data capture, practical, technical, reflective, creative, analytical and evaluative. • Justification. 	Unit Title: <i>Paper One: Section C -Sport and Society and Paper Two: Section C - Sport and Society & Technology</i> Knowledge: <ul style="list-style-type: none"> • Sociological theory Applied to equal opportunities with barriers to participation and inclusion. • Concepts of physical activity Physical recreation, sport, physical education and school sport. • Development of elite performers Talent Identification, national governing bodies and elite player pathways. Skills: <ul style="list-style-type: none"> • AO1/2/3 core assessment objectives. • Explanation, analysis, evaluation and application. 	Unit Title: <i>Revision</i> Knowledge: <ul style="list-style-type: none"> • Examination preparation Recapping course content, revision and the planning and execution of longer answer questions. Skills: <ul style="list-style-type: none"> • AO1/2/3 core assessment objectives. • Long answer question techniques. 	
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 12	Unit Title: <i>Paper One: Section A-Applied Anatomy and Physiology</i> Knowledge: <ul style="list-style-type: none"> • The cardiovascular system 	Unit Title: <i>Paper One: Section A-Applied Anatomy and Physiology</i> Knowledge: <ul style="list-style-type: none"> • The Neuromuscular system 	Unit Title: <i>Paper One: Section B-Skill Acquisition</i> Knowledge: <ul style="list-style-type: none"> • Skill continuums and transfer 	Unit Title: <i>Paper One: Section C-Sport and Society</i> Knowledge: <ul style="list-style-type: none"> • Emergence of globalisation in Sport. 	Unit Title: <i>Paper Two: Section B-Sport Psychology and NEA</i> Knowledge:	Unit Title: <i>Paper Two: Section B-Sport Psychology and NEA</i> Knowledge:

	<p>Structure and functions of the heart, transportation of oxygen, Starling's law, venous return and A-VO₂ Diff.</p> <ul style="list-style-type: none"> • The respiratory system Gaseous exchange and the neural and chemical regulation of pulmonary ventilation. <p>Skills:</p> <ul style="list-style-type: none"> • AO1/2/3 core assessment objectives. • Explanation, analysis, evaluation and application. 	<p>Muscle fibres, the nervous system and PNF.</p> <ul style="list-style-type: none"> • The Musculoskeletal system Joint actions. • Energy Systems Energy transfer in the body, the continuum for short / high intensity and long / low intensity exercise and the measurement of energy expenditure. <p>Skills:</p> <ul style="list-style-type: none"> • AO1/2/3 core assessment objectives. • Explanation, analysis, evaluation and application. 	<ul style="list-style-type: none"> ○ Skill, Skill continuums and skill classification ○ Principles, theories of and the transfer of learning ○ Practice structures • Information Processing Guidance and feedback and general information processing. <p>Skills:</p> <ul style="list-style-type: none"> • AO1/2/3 core assessment objectives. • Explanation, analysis, evaluation and application. 	<p>Popular and Rational Globalisation, including pre and post-industrial sport.</p> <p>Skills:</p> <ul style="list-style-type: none"> • AO1/2/3 core assessment objectives. • Outline, explanation, justification, analysis, evaluation and application. 	<ul style="list-style-type: none"> • Psychological Influences on the individual Personality, Attitudes and Arousal. • Further psychological influences on the individual Anxiety and Aggression. • NEA preparations AO4 practical and written coursework. <p>Skills:</p> <ul style="list-style-type: none"> • AO1/2/3/4 core assessment objectives. • Data capture, practical, technical, reflective, creative, analytical and evaluative. • Justification. 	<ul style="list-style-type: none"> • Psychological factors that can influence an individual Motivation, Achievement motivation theory, social facilitate and group dynamics. • NEA preparations AO4 practical and written coursework. <p>Skills:</p> <ul style="list-style-type: none"> • AO1/2/3/4 core assessment objectives. • Data capture, practical, technical, reflective, creative, analytical and evaluative. • Justification.
	Term 1	Term 2	Term 3	Term 4	Term 5	
Year 11	<p>Unit Title: COMPONENT 1–Fitness and Body Systems <u>Topic 3 Physical Training</u></p> <p>Knowledge:</p> <ul style="list-style-type: none"> • Injury prevention. • Injuries that can occur in physical activity and sport. • RICE. • Performance-enhancing drugs and their effects on performance and lifestyle. <p>Skills:</p> <ul style="list-style-type: none"> • AO1/2/3 core assessment objectives. • Explanation, application and evaluation. 	<p>Unit Title: COMPONENT 2– Health and Performance <u>Topic 2 Sport Psychology</u></p> <p>Knowledge:</p> <ul style="list-style-type: none"> • Classification of a range of sports skills. • Practice structures. • Application of knowledge of practice and skill classification. • Types of guidance to optimise performance. • Advantages and disadvantages of each type of guidance and its appropriateness in a variety of sporting contexts. • Types of feedback to optimise performance. • Interpretation and analysis of graphical representation of data. <p>Skills:</p> <ul style="list-style-type: none"> • AO1/2/3 core assessment objectives. 	<p>Unit Title: COMPONENT 2–Health and Performance <u>Topic 3 Socio-Cultural Influences</u></p> <p>Knowledge:</p> <ul style="list-style-type: none"> • The different types of sporting behaviour: sportsmanship, gamesmanship, and the reasons for, and consequences of, deviance at elite level. <p>Skills:</p> <ul style="list-style-type: none"> • AO1/2/3 core assessment objectives. • Explanation, application and evaluation. 	<p>Unit Title: COMPONENT 3–Practical Performance</p> <p>Knowledge: N/A</p> <p>Skills:</p> <ul style="list-style-type: none"> • Demonstrate skills in physical activity and sport, applying appropriate technique(s) 	<p>Unit Title: REVISION</p> <p>Knowledge: All material.</p> <p>Skills:</p> <ul style="list-style-type: none"> • AO1/2/3 core assessment objectives. • Explanation, application and evaluation. 	

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 10	<p>Unit Title: COMPONENT 2 – Health and Performance <u>Topic 1 Health Fitness and Well Being</u></p> <p>Knowledge:</p> <ul style="list-style-type: none"> Physical health. Emotional health. Social health. Impact of fitness on wellbeing. How to promote personal health. Lifestyle choices. Positive and negative impact of lifestyle choices on health, fitness and wellbeing. <p>Skills:</p> <ul style="list-style-type: none"> AO1/2/3 core assessment objectives. Explanation, application and evaluation. 	<p>Unit Title: COMPONENT 2 – Health and Performance <u>Topic 1 Health Fitness and Well Being</u></p> <p>Knowledge:</p> <ul style="list-style-type: none"> A sedentary lifestyle and its consequences. Interpretation and analysis of graphical representation of data. Energy use, diet, nutrition and hydration. The nutritional requirements and ratio of nutrients for a balanced diet. The role and importance of macronutrients. The factors affecting optimum weight. The variation in optimum weight. The correct energy balance to maintain a healthy weight Hydration for physical activity and sport. <p>Skills:</p> <ul style="list-style-type: none"> AO1/2/3 core assessment objectives. Explanation, application and evaluation. 	<p>Unit Title: COMPONENT 1 –Fitness and Body Systems <u>Topic 1 Applied Anatomy and Physiology</u></p> <p>Knowledge:</p> <ul style="list-style-type: none"> The functions of the skeleton. Classification of bones. Bone Structure and their classification and use. Classification of joints. Movement possibilities at joints dependant on joint classification. The role of ligaments and tendons. Classification and characteristics of muscle types. Location and role of the voluntary muscular system. Antagonistic pairs of muscles. Characteristics of fast and slow twitch muscle fibre types. How the skeletal and muscular systems work. <p>Skills:</p> <ul style="list-style-type: none"> AO1/2/3 core assessment objectives. Explanation, application and evaluation. 	<p>Unit Title: COMPONENT 1 –Fitness and Body Systems <u>Topic 1 Applied Anatomy and Physiology</u></p> <p>Knowledge:</p> <ul style="list-style-type: none"> Functions of the cardiovascular. Structure of the cardiovascular system. Structure of arteries, capillaries and veins. The mechanisms required (vasoconstriction, vasodilation) and the need for redistribution of blood flow (vascular shunting) during physical activities compared to when resting. Function and importance of red and white blood cells, platelets and plasma for physical activity and sport. <p>Skills:</p> <ul style="list-style-type: none"> AO1/2/3 core assessment objectives. Explanation, application and evaluation. 	<p>Unit Title: COMPONENT 1 –Fitness and Body Systems <u>Topic 1 Applied Anatomy and Physiology</u></p> <p>Knowledge:</p> <ul style="list-style-type: none"> Composition of inhaled and exhaled air and the impact of physical activity and sport on this composition. Vital capacity and tidal volume. Location of main components of respiratory system and their role in movement of oxygen and carbon dioxide into and out of the body. Structure of alveoli. How the cardiovascular and respiratory systems work together. <p>Skills:</p> <ul style="list-style-type: none"> AO1/2/3 core assessment objectives. Explanation, application and evaluation. 	<p>Unit Title: COMPONENT 1 –Fitness and Body Systems <u>Topic 2 Movement Analysis</u></p> <p>Knowledge:</p> <ul style="list-style-type: none"> First, second and third class levers. Mechanical advantage and disadvantage (in relation to loads, efforts and range of movement) of the body's lever systems and the impact on sporting performance. Planes and axes of movement Movement patterns using body planes and axes: sagittal, frontal and transverse plane and frontal, sagittal, vertical axes applied to physical activities and sporting actions. Movement in the sagittal plane about the frontal axis when performing front and back tucked or piked somersaults. Movement in the frontal plane about the sagittal axis when performing cartwheels. Movement in the transverse plane about the vertical axis when performing a full twist jump in trampolining. <p>Skills:</p> <ul style="list-style-type: none"> AO1/2/3 core assessment objectives. Explanation, application and evaluation.
	Year 9	<p>Unit Title: COMPONENT 2 – Health and Performance</p>	<p>Unit Title: COMPONENT 2 – Health and Performance</p>	<p>Unit Title: COMPONENT 1 –Fitness and Body Systems</p>	<p>Unit Title: COMPONENT 1 –Fitness and Body Systems <u>Topic 3 Physical Training</u></p>	<p>Unit Title: COMPONENT 1 –Fitness and Body Systems <u>Topic 3 Physical Training</u></p>

<p><u>Topic 3 Socio-Cultural Influences</u></p> <p>Knowledge:</p> <ul style="list-style-type: none"> • Participation rates in physical activity and sports. • Interpretation and analysis of graphical representation of data associated with trends in participation rates. <p>Skills:</p> <ul style="list-style-type: none"> • AO1/2/3 core assessment objectives. • Explanation, application and evaluation. 	<p><u>Topic 3 Socio-Cultural Influences</u></p> <p>Knowledge:</p> <ul style="list-style-type: none"> • The relationship between commercialisation, the media and physical activity and sport • The advantages and disadvantages of commercialisation and the media. • Interpretation and analysis of graphical representation of data associated with trends in the commercialisation of physical activity and sport <p>Skills:</p> <ul style="list-style-type: none"> • AO1/2/3 core assessment objectives. • Explanation, application and evaluation. 	<p><u>Topic 1 Applied Anatomy and Physiology</u></p> <p>Knowledge:</p> <ul style="list-style-type: none"> • The functions of the skeleton applied to performance in physical activities and sports. • Classification of bones. • Bone structure and their classification and use applied to performance in physical activities and sports. • Classification of joints. • Movement possibilities at joints dependant on joint classification. • The role of ligaments and tendons. • Classification and characteristics of muscle types. • Location and role of the voluntary muscular. • Antagonistic pairs of muscles. • Characteristics of fast and slow twitch muscle fibre types and how this impacts on their use. • How the skeletal and muscular systems work together. <p>Skills:</p> <ul style="list-style-type: none"> • AO1/2/3 core assessment objectives. • Explanation, application and evaluation. 	<p><u>Topic 1 Applied Anatomy and Physiology</u></p> <p>Knowledge:</p> <ul style="list-style-type: none"> • The purpose and importance of warm-ups and cool downs. • Phases of a warm-up and their significance. • Activities included in warm-ups and cool downs. • Components of fitness and the relative importance of these components in physical activity and sport. • Fitness tests. • Collection and interpretation of data from fitness test results. • Fitness tests for specific components of fitness. • Energy and energy sources. <p>Skills:</p> <ul style="list-style-type: none"> • AO1/2/3 core assessment objectives. • Explanation, application and evaluation. 	<p>COMPONENT 2- Health and Performance <u>Topic 2 Sport Psychology</u></p> <p>Knowledge:</p> <ul style="list-style-type: none"> • Planning training using the principles of training. • Factors to consider when deciding the most appropriate training methods and training intensities. • The use of different training methods for specific components of fitness, physical activity and sport. • The use of goal setting to improve and/or optimise performance. • Principles of SMART targets. • Setting and reviewing targets to improve and/or optimise performance. <p>Skills:</p> <ul style="list-style-type: none"> • AO1/2/3 core assessment objectives. • Explanation, application and evaluation. 	<p><u>Topic 1 Applied Anatomy and Physiology</u> COMPONENT 4--Personal Exercise Programme</p> <p>Knowledge:</p> <ul style="list-style-type: none"> • Short-term effects of physical activity and sport on the player/performer. • How the respiratory and cardiovascular systems work together. • Interpretation of graphical representations of heart rate, stroke volume and cardiac output values at rest and during exercise. <p>Skills:</p> <ul style="list-style-type: none"> • AO1/2/3 core assessment objectives. • Explanation, application and evaluation.
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Key/Legend/Notes: