



# Edgbarrow School

## Year 12

### A-Level Physical Education



#### Curriculum Intent

*To provide students with the practical and theoretical knowledge of the ever-changing world of the Sporting Society and Physical Activity, develop appropriate skills and attributes to go out into the Sporting Industries to be successful employees and leaders whilst promoting Physical, Social and Mental Wellbeing and lifelong participation.*

#### ○ What am I studying this year and how and when will I be assessed?

Knowledge & Skills	Time of year	Assessment	Homework
<b>Applied Anatomy and Physiology</b> Students should develop knowledge and understanding of the changes within the body systems prior to exercise, during exercise of differing intensities and during recovery. Students should be able to interpret data and graphs relating to changes within the musculoskeletal, cardio-respiratory and neuro-muscular systems and the use of energy systems during different types of physical activity and sport, and the recovery process.	Taught by 3 different teachers throughout the year -  – Autumn Term – Spring Term – Spring/Summer Term	Half-termly 35-mark assessment	<ul style="list-style-type: none"> <li>• Frequency of homework will be set once a fortnight, expectation to complete GCSE pod as regular and consistent revision.</li> <li>• To prepare appropriately for end-of-unit tests.</li> <li>• To develop practical competency.</li> </ul>
<b>Skill Acquisition</b> This section focuses on how skill is acquired and the impact of psychological factors on performance. Students should develop knowledge and understanding of the principles required to optimise learning of new, and the development of existing, skills in a range of physical activities. Students should be able to understand and interpret graphical representations associated with skill acquisition theories.		Half-termly 35-mark assessment	
<b>Sport and Society</b> Students should develop knowledge and understanding of the interaction between, and the evolution of, sport and society. Students should be able to understand, interpret and analyse data and graphs relating to participation in physical activity and sport.		Half-termly 35-mark assessment	

#### Year 12 Mock Week: Date TBC

#### You need to revise the following:

*Cardio-Respiratory System  
Musculoskeletal System  
Energy Systems*

*Skill & Learning  
Guidance & Feedback  
Memory  
Information Processing*

*Sport in the 21<sup>st</sup> Century  
The impact of sport on society.*

This can all be accessed from: Exercise books/folders, Revision guides

#### Marking for literacy

(Longer answers and written work will be marked for at least one of the below, your teachers will tell you which)

Sp – Spelling mistake of key term  
// - Needed new paragraph  
C – Capital letter missing  
P – Punctuation needed  
Expr- Expression

#### Students will demonstrate pride in their work by:

- Presenting information clearly and neatly to aid learning
- Using a title and date for all work including homework
- Underlining all dates and titles using a ruler
- Writing in blue or black pen
- Completing drawings and diagrams in pencil
- Glue in sheets flat and in order
- Annotating work and making corrections in coloured pens
- Crossing out mistakes neatly with a line
- Highlighting key words and concepts