



Edgbarrow School

Year 13

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
Exercise Physiology Students should understand the adaptations to the body systems through training or lifestyle, and how these changes affect the efficiency of those systems.	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"> Frequency of homework will be set once a fortnight, expectation to complete GCSE pod as regular and consistent revision. To prepare appropriately for end-of-unit tests. To develop practical competency.
Biomechanical Movement Students should develop knowledge and understanding of motion and forces, and their relevance to performance in physical activity and sport. Students should have a knowledge and use of biomechanical definitions, equations, formulae and units of measurement and demonstrate the ability to plot, label and interpret biomechanical graphs and diagrams.		Half-termly 35-mark assessment	
Sport Psychology In this section, students will develop knowledge and understanding of the role of sport psychology in optimising performance in physical activity and sport. Students should be able to understand and interpret graphical representations associated with sport psychology theories.		Half-termly 35-mark assessment	
Sport and Society and the role of Technology Students should develop knowledge and understanding of the interaction between, and the evolution of, sport and society and the technological developments in physical activity and sport.		Half-termly 35-mark assessment	

Year 13 Mock Week: Date TBC

You need to revise the following:

Diet & nutrition
Training
Injury prevention

Biomechanical principles
Levers
Linear motion
Angular motion
Projectile motion
Fluid mechanics

Stress, anxiety & arousal
Attitudes, personality & motivation
Groups, cohesion & leadership
Confidence

Concepts of Physical Activity
Development of elite performers
Ethics, violence, drugs, law in sport
Commercialisation
Technology in sport

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