

KS5 Long Term Plan 2020-2021

Subject: PE

Exam Board: OCR



Curriculum Statement of Intent

A Level PE will allow students to critically analyse and evaluate their physical performance and apply their experience of practical activity in developing their knowledge and understanding of A Level PE. The non-exam assessment allows students to explore an activity in detail as a performer or coach, analysing and evaluating performance in a chosen activity.

Physical Education will equip learners with both a depth and breadth of knowledge, understanding and skills relating to scientific, socio-cultural and practical aspects of physical education. This requires them to:

- understand how physiological and psychological states affect performance
- understand the key socio-cultural factors that influence people's involvement in physical activity and sport
- understand the role of technology in physical activity and sport
- refine their ability to perform effectively in physical activity and sport by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas
- develop their ability to analyse and evaluate to improve performance
- understand the contribution which physical activity makes to health and fitness
- improve as effective and independent learners and as critical and reflective thinkers with curious and enquiring minds

Curriculum Statement of Implementation

Within A level PE we look to provide the course through a variety of teaching and learning strategies so that pupils can develop all 4 components of the specification. What style of teaching and learning strategies used depends on the component being taught but we look to

- Component 01: Physiological factors affecting performance is sub divided into three topics, Applied anatomy and physiology, Exercise physiology and Biomechanics.
- Component 02: Psychological factors affecting performance is sub divided into two topics, Skill acquisition and Sports psychology.
- Component 03: Socio-cultural issues in physical activity and sport is sub divided into two topics, Sport and Society and Contemporary issues in physical activity and sport
- Component 04: Performance in physical education (NEA) is sub divided into two parts Performance or coaching of an activity taken from the approved lists and the Evaluation and Analysis of Performance for Improvement (EAPI).

The content allows practical examples from physical activities and sports to show how theory can be applied and to reinforce understanding.

Component 01, Physiological factors affecting performance, focuses on developing the learner's knowledge of the science behind physical activity. This includes the structure and function of key systems in the human body, the forces that act upon us and the adaptations we make to our bodies through diet and training regimes.

Component 02, focuses on the psychological factors affecting physical activities and sports. This includes models and theories that affect learning and performance in physical activities, how different methods of training and feedback work and why their effectiveness differs from person to person. It also includes psychological factors affecting group dynamics and the effects of leadership and stress on performers. We really push our students to think and apply beyond their own expectations and develop as young adults, ready for life after school.

Component 03, focuses on the sociological and contemporary issues that influence and affect physical activity and sport for both the audience and the performer and how sport affects society.

Our lessons include: Open discussion / Student presentations / Group / pair work/ Debates / Text analysis / Outside research / Independent Learning / Investigative / Reflective and responsive (to feedback)

| Term | Topics Covered (Date completed by and number of lessons) | Skills/AOs/interleaved content | Assessment (date and nature of assessment) |
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| Yr 12 Autumn 1 | <p><i>*Hand in Summer Work, Course Outline and Expectations, Practical Activity Choices & Deadlines</i></p> <p>PSYCHOLOGICAL FACTORS AFFECTING PERFORMANCE (DWO)</p> <p>Skill Acquisition</p> <ul style="list-style-type: none"> • Classification of skills (2 weeks) • Types and methods of practice (2 weeks) • Transfer of skills (1 week) <p>PHYSIOLOGICAL FACTORS AFFECTING PERFORMANCE (EWI)</p> <p>Applied anatomy and physiology</p> <ul style="list-style-type: none"> • Skeletal Systems (2 weeks) • Muscular Systems (2 weeks) • Cardiovascular System (2 weeks) | <p>A01: Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport</p> <p>A02: Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport</p> <p>A03: Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.</p> <p>Skills: Explain, Examine, Discuss, Evaluate, Assess, Time management, Understanding, Critically Evaluate, Compare and Contrast, Define, Illustrate, State, Summarise and Technical language.</p> | <p>Assessment Skill Acquisition Classifications of skill and Types and Methods of Practice Methods (16marks)</p> <p>Assessment on applied anatomy and physiology Skeletal and Muscular System (16 marks)</p> |
| Yr 12 Autumn 2 | <p>PSYCHOLOGICAL FACTORS AFFECTING PERFORMANCE (DWO)</p> <p>Skill Acquisition</p> <ul style="list-style-type: none"> • Principles and Theories of learning movement skills (2 weeks) • Stages of learning (2 weeks) • Guidance (2 weeks) <p>PHYSIOLOGICAL FACTORS AFFECTING PERFORMANCE (EWI)</p> <p>Applied anatomy and physiology</p> <ul style="list-style-type: none"> • Respiratory system (2 weeks) • Environmental effects on body systems (3 weeks) | <p>A01: Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport</p> <p>A02: Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport</p> <p>A03: Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.</p> <p>Skills: Explain, Examine, Discuss, Evaluate, Assess, Time management, Understanding, Critically Evaluate, Compare and Contrast, Define, Illustrate, State, Summarise and Technical language.</p> | <p>Assessment on skill acquisition Theories of Learning, Transfer of Skills, Stages of Learning, Guidance (28 marks)</p> <p>Assessment Anatomy and Physiology Cardiovascular System (34 marks)</p> <p>Assessment Skill Acquisition End of Topic Assessment (41 Marks)</p> <p>Assessment Anatomy and Physiology Respiratory System and Environmental Effects on Body System (14marks)</p> <p>TERM 1 ASSESSMENT Skill Acquisition and Anatomy and Physiology (36marks)</p> |
| Yr 12 Spring 1 | <p>PSYCHOLOGICAL FACTORS AFFECTING PERFORMANCE (DWO)</p> <p>Skill Acquisition</p> <ul style="list-style-type: none"> • Feedback (2 weeks) | <p>A01: Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport</p> <p>A02: Apply knowledge and</p> | <p>Assessment Skill Acquisition Memory models and feedback (30 marks)</p> <p>Assessment Exercise Physiology Diet and nutrition and their effect</p> |

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| | <ul style="list-style-type: none"> Memory models (2 weeks) <p>PHYSIOLOGICAL FACTORS AFFECTING PERFORMANCE (EWI)</p> <p>Exercise Physiology</p> <ul style="list-style-type: none"> Diet and nutrition and their effect on physical activity and performance (3 weeks) <p>Preparation for Mock Exam</p> | <p>understanding of the factors that underpin performance and involvement in physical activity and sport</p> <p>A03: Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.</p> <p>Skills: Explain, Examine, Discuss, Evaluate, Assess, Time management, Understanding, Critically Evaluate, Compare and Contrast, Define, Illustrate, State, Summarise and Technical language.</p> | <p>on physical activity and performance (26 marks)</p> <p>Year 12 EXAMs (60 marks)</p> |
| <p>Yr 12 Spring 2</p> | <p>SOCIO-CULTURAL ISSUES IN PHYSICAL ACTIVITY AND SPORT (DWO)</p> <p>Sport and society</p> <ul style="list-style-type: none"> Emergence and evolution of modern sport (2 weeks) Global sporting events (2 weeks) <p>PHYSIOLOGICAL FACTORS AFFECTING PERFORMANCE (EWI)</p> <p>Exercise Physiology</p> <ul style="list-style-type: none"> Preparation and training methods in relation to improving and maintaining physical activity and performance (3 weeks) | <p>A01: Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport</p> <p>A02: Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport</p> <p>A03: Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.</p> <p>Skills: Explain, Examine, Discuss, Evaluate, Assess, Time management, Understanding, Critically Evaluate, Compare and Contrast, Define, Illustrate, State, Summarise and Technical language.</p> | <p>Assessment on Sport and Society Emergence and evolution of modern sport</p> <p>Assessment Exercise Physiology Preparation and training methods in relation to improving and maintaining physical activity and performance (25marks)</p> <p>Assessment on Sport and Society Global sporting events</p> |
| <p>Yr 12 Summer 1</p> | <p>PSYCHOLOGICAL FACTORS AFFECTING PERFORMANCE (DWO)</p> <p>Sport Psychology</p> <ul style="list-style-type: none"> Individual differences (2 weeks) Group dynamics (2 weeks) Goal setting (2 weeks) <p>REVISION & EXAM PREPARATION (EWI)</p> | <p>A01: Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport</p> <p>A02: Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport</p> <p>A03: Analyse and evaluate the factors that underpin performance and involvement</p> | <p>Assessment on Sport Psychology, Individual differences, group dynamics & Goal setting</p> <p>Teacher Assessment on EAPI progress</p> |

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| | | <p>in physical activity and sport.</p> <p>Skills: Explain, Examine, Discuss, Evaluate, Assess, Time management, Understanding, Critically Evaluate, Compare and Contrast, Define, Illustrate, State, Summarise and Technical language.</p> <p>Observational skills</p> <p>Critically evaluate the quality of the acquired and developed skills; the success of the selection and application of skills, tactics.</p> <p>Give detailed evaluative response using appropriate technical language in which they will discuss:</p> <p>Strengths & weaknesses of the performance;</p> <p>Areas of the performance they would prioritise for improvement;</p> <p>An Action Plan to improve those areas of performance to include detailed coaching points and detailed progressive practices together with a timescale for the plan</p> <p>Opportunities locally (research) and nationally for participation and improvement.</p> | |
| <p>Yr 12 Summer 2</p> | <p>MOCK PRACTICAL MODERATION</p> <p>The Evaluation and Analysis of Performance for Improvement (EAPI) Preparation (EWI)</p> | <p>Exam and Revision skills</p> <p>Understanding the exam / Question paper</p> <p>Understanding the different types of questions</p> <p>Use the Mark Scheme to aid revision</p> <p>Practice exam questions under exam conditions</p> <p>Understanding of Command and Key words</p> | <p>Teacher Assessment on EAPI progress</p> |

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| <p>Yr 13 Autumn 1</p> | <p>PSYCHOLOGICAL FACTORS AFFECTING PERFORMANCE (AWA)</p> <p>Sport Psychology</p> <ul style="list-style-type: none"> • Attribution (2 weeks) • Confidence and Self efficacy (2 weeks) • Leadership in sport (2 weeks) <p>PHYSIOLOGICAL FACTORS AFFECTING PERFORMANCE (DSM)</p> <p>Exercise physiology</p> <ul style="list-style-type: none"> • Energy for exercise (2 weeks) • Injury Prevention and rehabilitation of injury (4 weeks) | <p>A01: Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport</p> <p>A02: Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport</p> <p>A03: Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.</p> <p>Skills: Explain, Examine, Discuss, Evaluate, Assess, Time management, Understanding, Critically Evaluate, Compare and Contrast, Define, Illustrate, State, Summarise and Technical language.</p> | <p>Assessment on Sport Psychology, Attribution, Confidence and Self Efficacy & Leadership in Sport (22marks)</p> <p>Assessment Exercise Physiology Injury Prevention and Rehab & Energy for exercise (30marks)</p> <p>Mock Exam on Sport Psychology and Exercise physiology (October)</p> |
| <p>Yr 13 Autumn 2</p> | <p>PSYCHOLOGICAL FACTORS AFFECTING PERFORMANCE (AWA)</p> <p>Sport Psychology</p> <ul style="list-style-type: none"> • Stress management to optimise performance (3 weeks) <p>SOCIO-CULTURAL ISSUES IN PHYSICAL ACTIVITY AND SPORT (AWA)</p> <p>Contemporary issues</p> <ul style="list-style-type: none"> • Ethics and deviance in sport (3 weeks) <p>The Evaluation and Analysis of Performance for Improvement (EAPI)Preparation (One lesson a week AWA)</p> <p>PHYSIOLOGICAL FACTORS AFFECTING PERFORMANCE (DSM)</p> <p>Biomechanics</p> <ul style="list-style-type: none"> • Linear motion, angular motion, fluid mechanics and projectile motion (4 weeks) | <p>Observational skills</p> <p>Critically evaluate the quality of the acquired and developed skills; the success of the selection and application of skills, tactics.</p> <p>Give detailed evaluative response using appropriate technical language in which they will discuss:</p> <p>Strengths & weaknesses of the performance;</p> <p>Areas of the performance they would prioritise for improvement;</p> <p>An Action Plan to improve those areas of performance to include detailed coaching points and detailed progressive practices together with a timescale for the plan</p> <p>Opportunities locally (research) and nationally for participation and improvement.</p> <p>A01: Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport</p> <p>A02: Apply knowledge and</p> | <p>Assessment on Sport Psychology and contemporary issues Stress Management to optimise performance & Ethics and deviance in Sport</p> <p>Assessment on Biomechanics Linear, Angular and projectile motion</p> |

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| | | <p>understanding of the factors that underpin performance and involvement in physical activity and sport</p> <p>A03: Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.</p> <p>Skills: Explain, Examine, Discuss, Evaluate, Assess, Time management, Understanding, Critically Evaluate, Compare and Contrast, Define, Illustrate, State, Summarise and Technical language.</p> | |
| Yr 13 Spring 1 | <p>SOCIO-CULTURAL ISSUES IN PHYSICAL ACTIVITY AND SPORT (AWA)</p> <p>Contemporary issues in physical activity and sport</p> <ul style="list-style-type: none"> • Routes to sporting excellence in the UK (2 weeks) • Commercialisation and media (2 weeks) • Modern technology in sport – its impact on elite level sport, participation, fair outcomes and entertainments. (2 weeks) <p>The Evaluation and Analysis of Performance for Improvement (EAPI) FILMING</p> <p>PHYSIOLOGICAL FACTORS AFFECTING PERFORMANCE (DSM)</p> <p>Biomechanics</p> <ul style="list-style-type: none"> • Biomechanical Principles, levers and the use of technology (4 weeks) | <p>A01: Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport</p> <p>A02: Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport</p> <p>A03: Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.</p> <p>Skills: Explain, Examine, Discuss, Evaluate, Assess, Time management, Understanding, Critically Evaluate, Compare and Contrast, Define, Illustrate, State, Summarise and Technical language.</p> | <p>Assessment on Sport Psychology and Socio-cultural Studies, Routes to sporting excellence in the UK, Commercialisation and media & Modern technology in Sport – its impact on elite level sport, participation, fair outcomes and entertainment</p> <p>Assessment on Biomechanics Linear, Angular and projectile motion (35marks)</p> |
| Yr 13 Spring 2 | <p>MOCK PRACTICAL AND EAPI MODERATION</p> <p>Revision across all three topic areas</p> | <p>Exam and Revision skills</p> <p>Understanding the exam / Question paper</p> <p>Understanding the different types of questions</p> <p>Use the Mark Scheme to aid revision</p> <p>Practice exam questions under exam conditions</p> | |

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| | | Understanding of Command and Key words | |
| Yr 13 Summer 1 | Revision across all three topic areas | <p>Exam and Revision skills</p> <p>Understanding the exam / Question paper</p> <p>Understanding the different types of questions</p> <p>Use the Mark Scheme to aid revision</p> <p>Practice exam questions under exam conditions</p> <p>Understanding of Command and Key words</p> | |