



# PE CURRICULUM JOURNEY

**FURTHER STUDY**

A level....

**CAREER PATHS**

• University....

**SKILLS**

• Critical analysis....

**Assessment:**

- Final Assessment**
- Final Paper 1 and Paper 2 exam.
  - Final moderation

**Assessment:**

- Final Exam Practise**
- Exam technique practice
  - Masterclass sessions
  - Walking talking mocks

**Assessment: Extended Writing on Physical Training, Psychology, Socio-Cultural Issues and Health, Fitness and Well-Being**

- Extended Writing**
- Command Words
  - Assessment Objectives
  - Structure
  - Annotation
  - Evaluating and Analysing.

**Assessment: Synoptic Assessment on Anatomy & Physiology, Movement Analysis and Physical Training**

- Anatomy & Physiology**
- Structure and function of a Synovial Joint.
  - Mechanics of Breathing.
  - Interpreting a Spirometer Trace Graph.
  - EPOC

**Assessment: Extended Writing on Psychology**

**Assessment: Synoptic Assessment on Psychology and Health, Fitness and Well-Being.**

**Assessment: EOY Paper 1 and Paper 2.**

## Psychology

- Skill Continuums
- Guidance and Feedback
- Basic Information Processing Model
- Goal Setting
- SMART Targets
- Inverted U Theory
- Stress Management
- Personality Types
- Types of Motivation

## Health, Fitness and Well-Being

- Types of Health.
- Sedentary Lifestyle
- Obesity
- Somatotypes
- Nutrition
- Water Balance
- Energy Balance

## Socio-Cultural Issues

- Engagement Patterns.
- Golden Triangle
- Commercialisation
- Technology
- Ethics and Deviance
- Performance Enhancing Drugs (PEDS)
- Conduct of Players and Spectators.

## Movement Analysis

- Levers
- Mechanical Advantage
- Planes
- Axis
- NEA Final submission
- Mock practical moderation

**YEAR 11**

**Assessment: Synoptic Assessment on Psychology, Health, Fitness and Well-Being and Socio-Cultural Issues**

**Assessment: Extended Writing on Socio-Cultural Issues.**

## Anatomy & Physiology Cardiorespiratory System

- Structure and function of blood vessels.
- Structure and function of the heart.
- Pathway of air.
- Gaseous Exchange.

## Anatomy & Physiology Musculoskeletal System

- Functions of the skeleton
- Bones
- Muscles
- Joints
- Movement types
- Contractions

## Physical Training

- Components of fitness
- Fitness tests
- Types of training
- Principles of training
- Warm-up and Cool- Downs
- Training seasons.

**YEAR 10**

**Assessment: Synoptic Assessment on Anatomy & Physiology and Physical Training.**

**Assessment: Extended Writing on Physical Training.**

**Assessment: Synoptic Assessment on Physical Training**

## SUBJECT SKILL

AO1 Knowledge Understanding / Recall

## SUBJECT SKILL

AO2 Application to Sport

## SUBJECT SKILL

AO3 Analysis/Evaluation

## SUBJECT SKILL

AO4 Practical Sport and Written NEA