

KS5 Physical Education A-Level

The Pearson Edexcel A-Level course is a two year linear course with syllabus content and other components delivered through a 60-40 teaching split between two teachers. The delivery of the full course over two years provides greater flexibility in structuring the course – can do papers in any order, with all exams at the end. Approximate available lessons based on 5 lessons per week over 37 week year; assuming approximately 8 lessons missed for holidays/other subject activities/PSHE/exams
Exact curriculum timings are approximate due to holidays/ other subject trips and activities/ internal examinations etc.

All topics across Physical Education will have ongoing formative assessment including:

- Questioning techniques
- Peer assessments
- Presentations
- Class activities

All topics across A-Level Physical Education will have summative assessment including:

- Assignments & Quizzes including using the Everlearner platform
- End of Unit Tests
- End of Year Examinations
- Performance Analysis and Performance Development Programme
- Sports Performance Grades for Practical Component
- [Everlearner Learning Platform](#)

	Component 1 - Scientific Principles of Physical Education	Component 2 - Psychological and Social Principles of Physical Education
Topics and Content (taught across the 2 years of the course)	<p>Topic 1: Applied anatomy and physiology</p> <ul style="list-style-type: none"> 1.1 Muscular skeletal system 1.2 Cardio-respiratory system and cardiovascular systems 1.3 Neuro-muscular system 1.4 Energy systems: fatigue and recovery <p>Topic 2: Exercise physiology and applied movement analysis</p> <ul style="list-style-type: none"> 2.1 Diet and nutrition and their effect on physical activity and performance 2.2 Preparation and training methods in relation to maintaining and improving physical activity and performance 2.3 Injury prevention and the rehabilitation of injury 2.4 Linear motion 2.5 Angular motion 2.6 Projectile motion 2.7 Fluid mechanics <p>**Note: Biomechanics is embedded within the content of Topics 1 and 2.</p>	<p>Topic 3: Skill acquisition</p> <ul style="list-style-type: none"> 3.1 Coach and performer 3.2 The classification and transfer of skills 3.3 Learning theories 3.4 Practices 3.5 Guidance 3.6 Feedback 3.7 Memory models <p>Topic 4: Sport psychology</p> <ul style="list-style-type: none"> 4.1 Factors that can influence an individual in physical activities 4.2 Dynamics of a group/team and how they can influence the performance of an individual and/or team. 4.3 Goal setting 4.4 Attribution theory 4.5 Confidence and self-efficacy 4.6 Leadership <p>Topic 5: Sport and society</p> <ul style="list-style-type: none"> 5.1 The factors leading to the emergence and development of modern day sport 5.2 Globalisation of sport 5.3 Commercialisation of sport 5.4 Ethics and deviance in sport 5.5 The relationship between sport and the media

		5.6 Development routes from talent identification through to elite performance 5.7 Participation and health of the nation
Assessment Outcomes	AO1 - Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO2 - Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.	
Method of Summative Assessment	End of topic test after each system and mock exam next term. Formative assessment throughout the unit and regular RPs. Everlearner learning platform for homework, feedback and assessment.	
Component 3: Practical Performance	<p>Non-examined assessment: internally assessed, externally moderated</p> <p>As a player/performer, students will be assessed against set assessment criteria, which can be found in the Practical Performance Assessment Criteria here.</p> <p>As a coach, students will be assessed against set assessment criteria, which can be found in the Practical Performance Assessment Criteria.</p> <p>Students will be assessed at the end of the two year course in one chosen physical activity in either their role as a player/performer or a coach.</p>	
Component 4: Performance Analysis and Performance Development Programme	<p>Non-examined assessment: internally assessed, externally moderated</p> <p>The assessment consists of students producing a Performance Analysis and then developing a Performance Development Programme.</p> <p>Carrying out and producing the Performance Analysis and PDP may take place over multiple sessions, up to a combined duration of 54 hours. Introduction, initial research and writing of draft will be aim to be completed at the end of Y12 with continued amendments and final completion by Term 2 before Mock exams.</p> <ul style="list-style-type: none"> • In the role of player/performer or coach analyse two components of a physical activity (one physiological component and either a tactical or technical component). • In the role of player/performer or coach analyse, implement and evaluate a Performance Development Programme. 	