

# St John's Curriculum Overview – Year 13



<b>Subject title</b>	<b>A-level Physical Education</b>
Setting arrangements	N/a
Time allowance each fortnight	9 hours

## Introduction

Physical Education at St Johns is studied at A-Level only, not AS. We cover the Edexcel specification (9PEO)

## Topics, Skills and Assessment covered during the course

Unit	Subject Specific topic Questions	Subject content	Assessment details
<b>Unit 1 Scientific Principles of Physical Education</b>	How does the physiology of the human body affect sports performance? How can training and lifestyle choices affect how the body functions?	<p><b>Topic 1: Applied anatomy and physiology</b></p> <p>1.1 Muscular skeletal system                      1.2 Cardiorespiratory system and cardiovascular systems                      1.3 Neuromuscular system                      1.4 Energy systems: fatigue and recovery</p> <p><b>Topic 2: Exercise physiology and applied movement analysis</b></p> <p>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>	Regular end of unit assessments. Assessed by written exam at the end of Year 13

<p><b>Unit 2</b> <b>Psychological and Social Principles of Physical Education</b></p>	<p>How are skills in sport learned and perfected?</p>	<p><b>Topic 3: Skill acquisition</b>  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  Topic 4: Sport psychology  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  Topic 5: Sport and society  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</p>	<p>Regular end of unit assessments. Assessed by written exam at the end of Year 13</p>
<p><b>Unit 3</b></p>	<p>How do I show my sporting performance to its full potential?</p>	<p><b>Component 3: Practical performance</b>  Students will be required to perform in one physical activity, in the role of either player/performer or coach.</p>	<p>Assessed through video evidence of competitive performance and structured practices</p>
<p><b>Unit 4</b></p>	<p>What are my strengths and weaknesses in my individual sport and how can I use this knowledge to maximise performance levels?</p>	<p><b>Component 4: Performance Analysis and Performance Development Programme</b></p>	<p>Assessed through written coursework</p>

**Resources Recommended for Revision and where they are available:**

TBA

**Homework**

Students are expected to revise for one hour for each lesson they have. Students should use this time to consolidate knowledge and complete practice exam questions.

**Additional support and help for the course**

[www.stjohnspealevel.weebly.com](http://www.stjohnspealevel.weebly.com)

**Extra-Curricular:**

Regular revision clubs, use of MyPEexam website.