

Year 12 Physical Education & Sport

The Year 12 A-Level PE curriculum is designed to build on knowledge secured in Key Stage 4 and to introduce the concept of evaluating topics in greater depth and breadth as well as introducing more challenging subjects. The course is split into three equally weighted sections and delivered by specialist teachers in those areas for two linear exams at the end of Year 13. There is also non-examined assessment (NEA) which involves video evidence of a practical performance in a fully competitive situation, as well as a written piece which involves analysis and evaluation of practical weaknesses which are linked to theoretical components of the course.

Methods of deepening and securing knowledge:

Retrieval practice	Retrieval tasks are used consistently at the start of and throughout lessons to ensure that students can recall and apply key theoretical terminology. These tasks will come in the form of starter tasks, whiteboard activities, workbook questions and verbal prompts. Knowledge organisers are used to help students summarise the key terminology when topics have been completed. These tasks are mainly aimed at the assessment objective (AO1), which is knowledge.
Securing content	Securing the content is done through applying (AO2) and evaluating (AO3) the knowledge (AO1) through a range of tasks which involve using the theoretical content to explain how and why exercise can be optimised to improve performance. Students will be expected to develop analytical and evaluative skills to enable them to make judgements backed by sound evidence.

	Autumn term 1	Autumn term 2	Spring term 1
Topic(s)	<ul style="list-style-type: none"> • Cardio-vascular system and respiratory systems. • Emergence of globalisation of sport. 	<ul style="list-style-type: none"> • Musculo-skeletal system and neuro-muscular systems. • Pre-industrial and post industrial revolution impact on sport. 	<ul style="list-style-type: none"> • Energy systems, fatigue and recovery. Skill continuums and transfer of learning. • Characteristics of post World War 2 sport.
Assessment	Unit tests, completion of workbook and exam question independent study.	Unit tests, completion of workbook and exam question independent study.	Unit tests, completion of workbook and exam question independent study. Mock exam.
CEIAG (<i>Careers that are linked to that topic</i>)	Sports scientist, sports psychologist, sports nutritionist, PE teacher, sports coach, sports therapy, physiotherapy, sports development officer.		

	Spring term 2	Summer term 1	Summer term 2
Topic(s)	<ul style="list-style-type: none"> Principles of learning and the theories of learning. Guidance and feedback and their use in coaching. Sociological theory and impact on sport. 	<ul style="list-style-type: none"> Memory models and information processing. Barriers to participation and underrepresented groups in sport. 	<ul style="list-style-type: none"> Schema theory and the NEA coursework. Ensuring the NEA practical element has been started/evidence gathered and stored
Assessment	Unit tests, completion of workbook and exam question independent study.	Unit tests, completion of workbook and exam question independent study.	Unit tests, completion of workbook and exam question independent study. Mock exam. Marking of NEA practical evidence.
CEIAG <i>(Careers that are linked to that topic)</i>	Sports scientist, sports psychologist, sports nutritionist, PE teacher, sports coach, sports therapy, physiotherapy, sports development officer.		

Independent Study

Independent Study will mainly involve completing sections of different workbooks, knowledge organisers and practicing exam questions. The use of Google Classroom to read articles related to sport and exercise.