

## Year 13 Physical Education & Sport

The Year 13 A-Level PE curriculum is designed to build on knowledge secured in Year 12 and to develop 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:

<b>Retrieval practice</b>	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.
<b>Securing content</b>	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
<b>Topic(s)</b>	<ul style="list-style-type: none"> <li>• Personality, attitudes and arousal, self confidence, social facilitation and their impact on performance.</li> <li>• Concepts of physical activity and sport and the development of elite performers in sport.</li> <li>• Start of the coursework NEA element.</li> </ul>	<ul style="list-style-type: none"> <li>• Anxiety, stress management, motivation and aggression and their impact on performance.</li> <li>• Ethics and violence in sport and the impact on spectators and performers.</li> </ul>	<ul style="list-style-type: none"> <li>• Achievement motivation, attribution theory, goal setting, groups and leadership.</li> <li>• Drugs in sport and the impact on the sport/performer.</li> </ul>
<b>Assessment</b>	Unit tests, completion of workbook and exam question independent study.	Unit tests, completion of workbook and exam question independent study. Regular making and providing feedback on the NEA elements.	Unit tests, completion of workbook and exam question independent study. Mock exam. Regular making and providing feedback on the NEA elements.

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.		
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	Spring term 2	Summer term 1	Summer term 2
Topic(s)	<ul style="list-style-type: none"> <li>• Biomechanics, linear motion and Newton's laws, angular motion, projectiles and fluid mechanics and their impact on performance.</li> <li>• Sport and the law and the impact of commercialisation on sport, media and business.</li> </ul>	<ul style="list-style-type: none"> <li>• Diet, nutrition, injuries, planning and training methods and their impact on performance.</li> <li>• The role of technology in physical activity and sport.</li> </ul>	Revision for exams.
Assessment	Unit tests, completion of workbook and exam question independent study. Regular making and providing feedback on the NEA elements	Unit tests, completion of workbook and exam question independent study. Regular making and providing feedback on the NEA elements.	Unit tests, completion of workbook and exam question independent study. Final exams.
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.