



### Assessments

At the end of each topic you will complete an end of topic test. In December you will have a mock exam which covers paper 1 and 2 content in PE.

## Year 13 A Level PE Curriculum

Students will learn all of Paper 2 in Year 13 and revise Paper 1 and Paper 2 ahead of the A Level Exams in June.

### Section A

Function of Nutrients/Dietary supplements  
Benefits of a warm up & cool down  
Principles of Training – SPORR & FITT  
Periodisation. Preparation, Competition & Transition/  
Tapering & Peaking  
Training Methods  
Types of Injury – Acute & Chronic  
Methods used in Injury Prevention  
Methods used in Injury recovery  
Physiology reasons for methods & Importance of sleep and nutrition  
Newton's three laws of linear motion applied to sporting movements / Factors affecting stability.  
Three classes of lever and examples  
Mechanical advantage and mechanical disadvantage  
Forces –Gravity, friction, air resistance, internal muscular force & weight  
Force / Time Graphs.  
Newton's Angular laws / Conservation of angular motion  
Horizontal displacement / flight paths  
Vector components, dynamic fluid force – Drag & lift  
Factors that reduce and increase drag  
Bernoulli principle – upward & downward lift force

### Section B

Motivation  
Atkinson's achievement motivation model  
Achievement goal theory  
Strategies to develop approach behaviours  
Social facilitation  
Group dynamics  
Goal setting  
Attribution theory – Weiner's model  
Self-serving bias, attribution retraining, learned helplessness  
Strategies to avoid learned helplessness  
Self-efficacy, self-confidence and self-esteem  
Bandura's model of self-efficacy  
Vealey's model of self-confidence  
Home-field advantage  
Strategies to develop high levels of self-efficacy  
Leadership characteristics, styles and formation  
Fiedler's contingency model and Chelladurai's multi-dimensional model  
Stress and stressor  
Use of warm up for stress management  
Cognitive and somatic stress management techniques

### Section C

The personal, social and cultural factors required to support progression from talent identification to elite performance.  
The generic roles, purpose and the relationship between organisations in providing support and progression from talent identification through to elite performance  
National Governing bodies' whole sport plans  
The support services provided by national institutes of sports for talent development  
UK Sport's World class performance programme, Gold Event Series and Talent Identification and development  
Amateurism, the Olympic oath, sportsmanship, gamesmanship, win ethic  
Positive and negative forms of deviance  
The causes and implications of violence in sport in relation to the performer, spectator and sport  
Strategies for preventing violence within sport to the performer and spectator  
Use of illegal drugs and doping methods to aid performance.  
Strategies for elimination of performance enhancing drugs in sport  
The use of sports legislation  
Impact of commercialism on physical activity and sport and the relationship between sport and the media  
The positive and negative impact of commercialisation, sponsorship and the media  
Understanding of technology for sports analytics  
The development of equipment and facilities in physical activity and sport and their impact on participation and performance