



# Presdales A Level Physical Education Journey

## AQA A Level PE Curriculum Map Overview - Year 12

**Year 13**

### Preparation and Training Methods

Learners will understand how to monitor and evaluate physical training to optimise performance. This includes knowledge of the principles of training, principles of periodisation and the different training methods to improve physical fitness and health.



### Coursework

Start the Analysis part of the coursework.



### Year 12 MOCK Exam

Learners will take a Paper 1 MOCK exam to demonstrate knowledge of content learnt this year. Students will then reflect on their exams.



### Revision

Learners will revise the Year 12 content in lessons in preparation for their Year 12 MOCK exam.

### Sociological theory/equal opportunities

Learners will understand the barriers to participation in sport and physical activity and know possible solutions to overcome them for underrepresented groups in sport (disability, ethnic groups, gender, disadvantaged). They will also know the key terms; discrimination, stereotyping and prejudice.



### A Level Physical Education Breakdown

**Examination - 70%**  
**NEA Practical Assessment - 15%**  
**NEA Coursework - 15%**

### Practical Assessment (15%)

For A Level PE, you will need to be assessed in 1 sport in an unedited competitive context.

We require you to film your games/performance throughout Year 12 and 13 for video evidence.

The list of available sports is on the AQA A Level PE Specification.

### NEA Coursework (15%)

For one sport, you will need to write a detailed piece of coursework to demonstrate your ability to analyse and evaluate your own performance.

- You will need to include:
- Analysis of movement of a skill weakness in AO2
  - Analysis of tactical weakness in AO3
  - Identify and explain the cause of both weaknesses using material from the specification
  - Identify and explain corrective measures to improve the cause thus improving the weakness

### Sports Psychology

Learners will develop knowledge and understanding of the role of sport psychology in optimising performance in physical activity and sport. The psychological factors that can influence an individual include their personality, attitudes, anxiety, arousal and aggression.



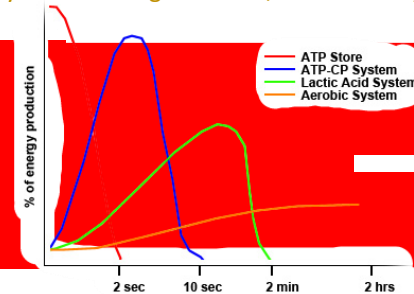
### Development of Elite

Learners will understand the concepts of physical activity and sport and the development of elite performers in sport. This includes talent identification and how National Governing Bodies, National Institutes of Sport and UK Sport support this progression.



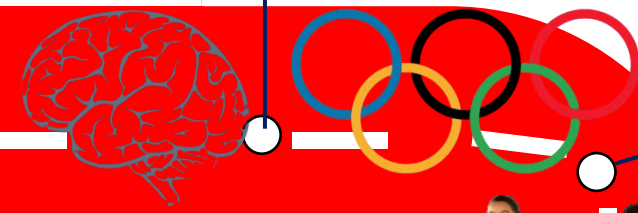
### Energy Systems

Learners will develop knowledge and understanding of the energy systems prior to exercise, during exercise of differing intensities and during recovery. Specifically, students will know about the anaerobic energy system for short duration / high intensity exercise and aerobic energy system for long duration / low intensity exercise.



### Neuromuscular System

Learners will develop knowledge and understanding of this system including the different muscle fibres, the nervous system, the role of proprioceptors in PNF and the recruitment of muscle fibres.



### Post World War II

Learners will understand the characteristics and impact of the Golden Triangle and the changing status of amateur and professional performers. In addition, they will explore the factors affecting the emergence of elite female performers in football, tennis and athletics in late 20th and early 21st century.



### Concepts of Physical Activity/Sport

Learners will understand some of the key terms, key concepts and benefits of physical activity to both the individual and society. They will explore the Sociological Theory applied to equal opportunities and understand social action theory.



### Information Processing

Learners will understand how Whiting's information processing and Baddeley and Hitch's working memory model impact sporting performance. In addition, they will explore Schema and the relationship between reaction time, response time and movement time; focusing on the factors affecting response time e.g. Hick's law, psychological refractory period and single channel hypothesis.



### Industrial and Post-industrial

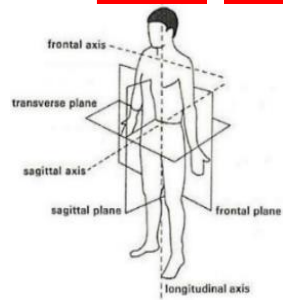
Learners will understand how industrial and post-industrial (1780-1900) times impacted the development of association football, lawn tennis, rationalisation of track and field events and the role of the Wenlock Olympic Games.

### Theories of Learning

Learners will understand the principles and theories of learning that underpin performance; cognitive learning, behaviourism, social learning and constructivism.

### Movement Analysis

Learners will understand the joint actions in sagittal plane / transverse axis, frontal plane / sagittal axis, transverse plane / longitudinal axis. They will also know the different types of joint, articulating bones, main agonists & antagonists and types of muscle contraction for different sporting actions.



### Skill Acquisition

Learners will understand how different sporting skills can be classified on a continuum and how coaches/teachers can present practice differently coupled with guidance and feedback for effective learning. In addition, learners will know how the above will vary for the 3 stages of learning and how to avoid a learning plateau.



Your A Level Physical Education Journey starts here...

**Year 12**

### Cardiovascular System

Learners will develop deeper knowledge of the heart and the hormonal, neural and chemical regulation of responses during physical activity and sport. This includes the redistribution of blood, conduction system, transportation of oxygen, cardiovascular drift and arterio-venous oxygen difference.



### Globalisation of Sport in the 21st Century

Learners will understand how globalisation of Sport emerged in the 21st century looking back at Pre-Industrial (pre 1780). Learners will explore sporting recreation, popular and rational recreation linked to the two-tier class system.



### Respiratory System

Learners will develop knowledge and understanding of this system including lung volumes, gas exchange, the hormonal, chemical and neural regulation of pulmonary ventilation and the impact of poor lifestyle choices on the respiratory system.



### Key

Section A content  
 Section B content  
 Section C content