



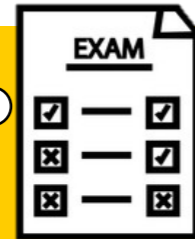
Presdales A Level Physical Education Journey

AQA A Level PE Curriculum Map Overview – Year 13

University
Employment
Apprenticeship

Examination

There are two papers for A Level PE, both of which are 2 hours (40mins per section A, B, C).



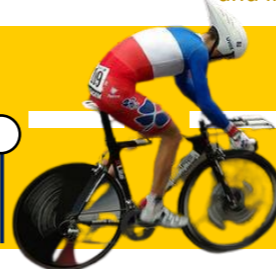
Moderation/Revision

Learners will prepare all practical videos/commentary forms and coursework in preparation for Moderation by AQA. Learners will revise all subject content and focus on 8/15 markers in the lead up to the exams.



Biomechanics

Learners will deepen their knowledge of the Newton's Angular laws; Angular displacement, Angular velocity and Angular acceleration. They will also understand angular motion, horizontal displacement, vector components, drag and lift and the Bernoulli principle.



Commercialisation in Sport

Learners will deepen their knowledge of the impact of commercialisation on physical activity and sport and the relationship between sport and the media.



A Level Physical Education Breakdown

Examination – 70%
NEA Practical Assessment – 15%
NEA Coursework – 15%

Practical Assessment (15%)

For GCSE 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.

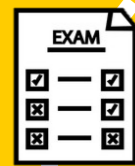
- You will need to include:
- Analysis of movement of a skill weakness in A02
 - Analysis of tactical weakness in A03
 - Identify and explain the cause of both weaknesses using material from the specification
 - Identify and explain corrective measures to improve the cause thus improving the weakness

Key

Section A content
Section B content
Section C content

Biomechanics

Learners will develop knowledge and understanding of motion and forces, and their relevance to performance in physical activity and sport; specifically, Newton's three laws of linear motion. Learners will develop knowledge of levers, biomechanical definitions, equations, formulae and units of measurement.



Technology

Learners will understand the types of and function/use of data analysis to optimise performance. In this section, students will know the role of technology in sport and its positive and negative impacts as well as having knowledge of the developing equipment and facilities.



The Law

Learners will use knowledge of the reasons behind elite performers using illegal drugs and doping methods to explain strategies for elimination of performance enhancing drugs in sport. They will also develop their arguments for and against drug taking and testing whilst looking at key sports legislation.



Coursework evaluation



Sports Psychology

Learners will develop knowledge and understanding of the role of sport psychology in optimising performance in physical activity and sport. They will explore the styles of leadership that impact performers and vital a warm up is for stress management. In addition, learners will be able to explain cognitive and somatic stress management techniques for arousal, anxiety and stress.

Learners will develop knowledge and understanding of the role of sport psychology in optimising performance in physical activity and sport. They will explore attribution theory, self-serving bias, attribution retraining, learned helplessness and how to avoid the feeling that failure is inevitable. In addition, they will develop knowledge about self-efficacy, self-confidence and the home-field advantage.



Year 13 MOCK Exam

Learners will take a Paper 1 and Paper 2 MOCK exam to demonstrate knowledge of content.

Drugs in Sport

Learners will develop knowledge of the social, psychological and physiological reasons behind elite performers using illegal drugs and doping methods for performance.



Ethics and Violence in Sport

Learners will develop knowledge and understand the terms amateurism, the Olympic oath, sportsmanship, gamesmanship and win ethic. They will explore forms of deviance and the causes/ implications of violence in sport in relation to the performer, spectator and sport. In addition, they will link strategies for preventing violence within sport.



Injury Prevention

Learners will understand the importance of prevention methods such as screening, protective equipment, warm up flexibility training, taping and bracing to prevent acute and chronic injuries.



Injury Rehabilitation

Learners will understand the methods for injury rehabilitation including; proprioceptive training, strength training, hyperbaric chambers, cryotherapy and hydrotherapy. In addition, learners will explore methods used for injury recovery e.g. compression garments, massage, cold therapy and ice baths. Learners will understand the importance of sleep and nutrition on performance.

Your A Level Physical Education Journey continues here...

Year 13

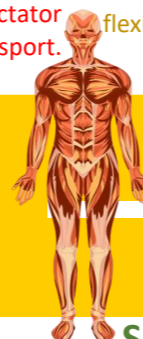
Diet and Nutrition

Learners will understand the exercise-related function of food classes (carbohydrates, fibre, fats) and the positive and negative effects of dietary supplements/manipulation on the performer.



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's performance include achievement motivation, social facilitation, group dynamics and goal setting.



Development of Elite Performers

Learners will develop knowledge of the features of National Governing bodies' whole sport plans and how they support services talent development. In addition, learners will understand the key features of UK Sport's World class performance programme, Gold Event Series and Talent Identification and development.