

Year 13 A-Level PE

Subject and Year Group	Autumn	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic/Unit to be studied	<p>1.1c Energy for Exercise</p> <p>2.2 Sports Psychology</p> <p>3.2 Contemporary issues in Physical activity and Sport</p>	<p>1.1d Environmental effects on body systems</p> <p>2.2 Sports Psychology</p> <p>3.2 Contemporary issues in Physical activity and Sport</p>	<p>1.2c Injury prevention and the rehabilitation</p> <p>2.2 Sports Psychology</p> <p>3.2 Contemporary issues in Physical activity and Sport</p>	<p>1.3b Linear motion, angular, fluid mechanics and projectile motion</p>		
Core Knowledge and skills	<p>1.1c Energy for exercise</p> <ul style="list-style-type: none"> • Adenosine Triphosphate (ATP) and energy transfer • Energy systems and ATP resynthesis • ATP resynthesis during exercise of differing intensities and durations • The recovery process 	<p>1.1d Environmental effects on body systems</p> <ul style="list-style-type: none"> • Exercise at altitude • Exercise in the heat <p>2.2 Sports Psychology</p> <ul style="list-style-type: none"> • Confidence and self-efficacy in sport • Leadership in sport <p>3.2 Contemporary issues in Physical activity and Sport</p> <ul style="list-style-type: none"> • Commercialisation and Media 	<p>1.2c Injury prevention and the rehabilitation</p> <ul style="list-style-type: none"> • Acute and chronic injuries • Injury prevention • Responding to injuries and medical conditions in a sporting context • Rehabilitation of injury <p>2.2 Sports Psychology</p> <ul style="list-style-type: none"> • Attribution <p>3.2 Contemporary issues in Physical activity and Sport</p>	<p>1.3b Linear motion, angular, fluid mechanics and projectile motion</p> <p>2.1 Skill Acquisition and 2.2 Sports Psychology revision in preparation for the exam</p> <ul style="list-style-type: none"> • Practice papers • Low stakes testing • Quizlets <p>3.2 Contemporary issues in Physical activity and Sport revision in</p>		

	<p>2.2 Sports Psychology</p> <ul style="list-style-type: none"> • Group and team dynamics <p>3.2 Contemporary issues in Physical activity and Sport</p> <ul style="list-style-type: none"> • Gambling 		<ul style="list-style-type: none"> • Routes to sporting excellence • Modern technology in Sport 	<p>preparation for the exam</p> <ul style="list-style-type: none"> • Practice papers • Low stakes testing • Quizlets 		
<p>Assessment for and of Learning</p>	<ul style="list-style-type: none"> - Low stakes testing through Quizlets/Kahoots throughout lessons - End of Unit tests at the end of each phase - Jan mock exam 					