



## PLUME ACADEMY - LEARNING OVERVIEW

<b>Year</b>	12
<b>Course</b>	A level Physical Education
<b>Specification Number/Exam Board</b>	7582 - AQA
<b>Examination Papers and Weighting</b>	Paper 1 – 35% of A level – 105 marks Paper 2 – 35% of A level – 105 marks Non-exam assessment – 30% of A level – 90 marks

### Prior Learning

The course builds on prior learning by developing all skills learned at GCSE Physical Education and exploring in detail the factors affecting participation in physical activity and sport from a physiological, psychological, biomechanical and sociological point of view. The course enables the development of transferable skills including: decision making, independent thinking, problem solving and analytical skills which enable students to full understand how athletes perform at the optimal level.

### Curriculum Intent – What are the curriculum aims?

A-level physical education should equip students with both a depth and breadth of knowledge, understanding and skills relating to scientific, socio-cultural and practical aspects of physical education. This will require them to:

- develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance
- understand how physiological and psychological states affect performance
- understand the key socio-cultural factors that influence people's involvement in physical activity and sport
- understand the role of technology in physical activity and sport
- refine their ability to perform effectively in physical activity and sport by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas
- develop their ability to analyse and evaluate to improve performance
- understand the contribution which physical activity makes to health and fitness
- improve as effective and independent learners and as critical and reflective thinkers with curious and enquiring minds.

### Curriculum Implementation – What will my child be learning?

Term 1	Half Term 1	1. Applied Anatomy and Physiology (RCL) 2. Skill Acquisition (JAI) 3. Sport Psychology (RCL)
	Half Term 2	4. Sport and Society (JBI)
Term 2	Half Term 3	5. Exercise Physiology (RCL/JAI)
	Half Term 4	6. Biomechanics (RCL) 7. Sport and Society and Technology in Sport (JBI)
Term 3	Half Term 5	Recall and revision tasks to consolidate knowledge and understand relating to the seven subject content areas above.
	Half Term 6	1. Applied Anatomy and Physiology 2. Skill Acquisition 3. Sport Psychology 4. Sport and Society



		* For more precise information, please refer to the detailed content sheets & numbered individual lesson outlines.
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For more detail on the AQA A level PE syllabus see: <https://www.aqa.org.uk/subjects/physical-education/as-and-a-level>

### Curriculum Impact – How will my child be assessed and receive feedback?

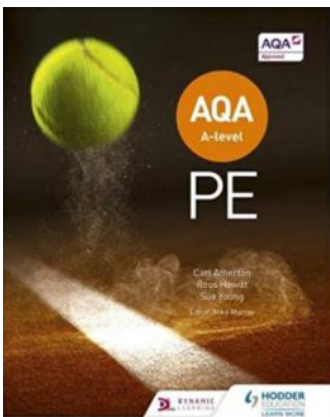
The exams and non-exam assessment (NEA) will measure how students have achieved the following assessment objectives.

- AO1: Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.
- AO2: Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.
- AO3: Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.
- AO4: Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance.

Students will receive independent study (i.e. homework) relating to each aspect of the course in the format of examination questions, the quality of revision notes and notes taken from Ever Learner presentations.

Students will complete comprehensive End of Unit (EUA) assessment for each aspect of the course and receive a combination of verbal and written feedback from subject staff.

### Super-Curricular Opportunities – Supporting and Extending Learning

Useful study resources	If a student is really passionate about this subject they can...
 <p>Explore the <b>AQA-approved Student Book</b>, the new <b>component-focused Student Guides</b> and the content-driven <b>PE Review magazine</b>.</p> <p>A level PE by Hodder  A level PE Review Journal  A level PE My Revision Notes by Hodder</p>	<p>Please liaise with subject staff for the Super-Curricular Subject document for A level PE.</p> <p><b>Articles of interest:</b></p> <p><b>Altitude Training for Rowers -</b>  <a href="https://news.sky.com/story/sacrificing-everything-forolympic-gold-in-tokyo-11903434">https://news.sky.com/story/sacrificing-everything-forolympic-gold-in-tokyo-11903434</a></p> <p>▪ <b>Dealing with Olympic Pressure -</b>  <a href="https://bit.ly/olympics-fear">https://bit.ly/olympics-fear</a></p> <p>▪ <b>Breathing Techniques in Elite Athletes -</b>  <a href="https://theconversation.com/how-controlledbreathing-helps-elite-athletes-and-you-can-benefit-from-it-too-128072">https://theconversation.com/how-controlledbreathing-helps-elite-athletes-and-you-can-benefit-from-it-too-128072</a></p> <p>▪ <b>Fighting Anxiety with Elite Athlete Techniques -</b>  <a href="https://qz.com/1761629/the-ultimatehack-to-fight-performance-anxiety/">https://qz.com/1761629/the-ultimatehack-to-fight-performance-anxiety/</a></p> <p>▪ <b>Aggression in sport -</b>  <a href="https://miserafica96.wordpress.com/2013/11/29/aggression-insport-how-does-it-influences-performance/">https://miserafica96.wordpress.com/2013/11/29/aggression-insport-how-does-it-influences-performance/</a></p>



<https://www.hoddereducation.co.uk/aqaalevelpe>

The **EverLearner** can be used to improve learning. With exam-board specific tutorials, self-marking questions and razor-sharp reporting, students can ensure that they are fully prepared for their exams and that every gap has been recognized and addressed. Please liaise with subject staff for your username and password.

#### Wider Reading

Sharkey, B.J and Gaskill, S.E (2006). Fitness and Health. Human Kinetics. (ISBN 9780736056144).

Weinberg R.S and Gould, D (2011). Foundations of Sports and Exercise Psychology (5th ed.). Human Kinetics; New York.

#### Journals

- American College of Sport Medicine's Health and Fitness Journal
- British Journal of Sports Medicine Exercise and Sport Sciences Reviews
- International Journal of Sports Science and Coaching
- Medicine and Science in Sports and Exercise
- Research Quarterly for Exercise and Sport

#### Websites

A Level Physical Education –

[www.alevelpe.com](http://www.alevelpe.com)

American College of Sports Medicine

[www.acsm.org](http://www.acsm.org)

British Association of Sport and Exercise Sciences

[www.bases.org.uk](http://www.bases.org.uk)

Coachwise [www.1st4sport.com](http://www.1st4sport.com)

Human Kinetics [www.humankinetics.com](http://www.humankinetics.com)

Sport Science [www.sportsci.org](http://www.sportsci.org)

Sports Coach UK [www.sportscoachuk.org](http://www.sportscoachuk.org)

Top End Sports [www.topendsports.com](http://www.topendsports.com)

Sports and Exercise Testing

[www.brianmac.co.uk](http://www.brianmac.co.uk)

Nutrition [www.livestrong.com](http://www.livestrong.com)

#### ▪ Fulham FC and Cohesion -

<https://trainingground.guru/articles/why-fulham-struggleshow-cohesion-is-key>

#### ▪ Usain Bolt confidence or arrogance -

<https://www.theguardian.com/sport/2017/aug/01/usain-bolt-world-athleticschampionships-100m-final>

#### ▪ England Football and Resilience -

<https://www.jdmindcoach.com/mental-resilienceengland-football-team/>

#### ▪ Michael Jordan and The Bulls group dynamics and feuds.-

<https://www.cbssports.com/nba/news/scottie-pippens-feud-with-jerry-krause-bulls-atimeline-of-events-that-led-to-the-stars-exit-from-chicago/>

#### ▪ Footballers and Fatigue -

<https://footballmedicine.net/how-fatigue-affects-yourplayers-management/>

#### ▪ Rowers training at altitude -

<https://werow.co.uk/cameron-buchan-goes-highaltitude-sierra-nevada/>

#### ▪ Michael Jordan motivational commercial -

<https://www.youtube.com/watch?v=vPmilusWg3g>

#### ▪ Team Bath Fitness Testing -

<https://www.teambath.com/fitness/fitness-testing/>

#### ▪ Connor McGregor Fitness Challenge -

<https://www.essentiallysports.com/watchtake-a-look-at-conor-mcgregor-in-a-fitness-challenge/>

#### ▪ Planning Coaching sessions

<https://www.sportplan.net/drills/Football/drills.jsp>

**Wider Reading:** All sports magazines will offer a view on performing, coaching, science, current issues or history of sport(s). They are therefore valuable wider reading material. Sports biographies and 'day in the life of' programs give an excellent insight into the world of the elite athlete.

#### Online Documentaries

- Netflix – The Last Dance- Group Dynamics, Finances, Coach/Player relationships.
- Netfli x – Icarus – Legality of drug doping in cycling and Olympics.

