

A Level PE Curriculum Map

	Component 1: Applied Anatomy and Physiology (2 hour exam – 90 marks: 30%)	Component 2: Psychological Factors affecting performance (1 hour exam – 60 marks: 20%)	Component 3: Socio-cultural issues in physical activity and sport (1 hour exam – 60 marks: 20%)	Practical performance (external moderation 15%) and AEPI (Analysing and Evaluating your own performance 15%)
Year 1	Topic 1.1: applied anatomy and physiology Topic 1.2: exercise physiology Topic 1.3: biomechanics	4.1 Classification of skill 4.2 Types and methods of practice 4.3 Transfer of skill 4.4 Learning theories 4.5 Stages of learning, guidance and feedback 5.1 Individual differences 5.2 Group and team dynamics and goal setting	Topic 6.1: Emergence and Evolution of Modern Sport Topic 6.2: Sport in the 21 st Century Topic 6.3: Global Sporting Events	
Sept-Oct	1.1a skeletal and muscular systems 1: Planes of motion 2: movement patterns 3: bones and muscles 4: types of joint 5: types of contraction and antagonistic pairs 6: movement analysis 7: movement analysis 2 8: skeletal and muscular contraction 9: muscle fibre types <u>EOU exam: skeletal and muscular systems</u>	4.1 Classification of skill <ul style="list-style-type: none"> • Difficulty • Environmental • Pacing • Muscular involvement • Continuity • Organisation Application of practice for types of skill. <u>EOU EXAM – Classification of skill</u> 4.2 Types and methods of practice <ul style="list-style-type: none"> • Part practice • Whole practice • Whole-part-whole practice • Progressive-part practice • Massed practice • Distributed practice • Fixed practice • Varied practice 	6.1a Pre Industrial Britain 1: Social Class 2: Gender 3: Law and Order 4: Education and Literacy 5: Availability of Time 6: Availability of Money 7: Type and Transport Available <u>End of Topic Exam</u> 6.1b Post Industrial Britain 1: Social Class 2: Amateurism and Professionalism 3: Gender and Changing Status of Women 4: Law and Order 5: Education and Literacy 6: Availability of Time and Money 7: Type and Availability of Transport <u>End of Topic Exam</u>	Select Practical Sport Regular Fixtures Create Logbook

		Summary of links between skill classification and types of practice. <u>EOU EXAM – Types of practice + links between skill classification and types of practice.</u>		
Nov-Dec	<p>1.1b cardiovascular system</p> <p>1: structure and cardiac cycle 2: conduction system 3: heart rate responses 4: stroke volume and cardiac output responses 5: cardiac control centre 6: venous return 7: vascular shunt mechanism 8: vasomotor control centre <u>EOU exam cardiovascular</u></p> <p>1.1c respiratory system</p> <p>1: intro to respiratory system 2: mechanisms of breathing 3: respiratory control centre 4: gaseous exchange and partial pressure 5: gaseous exchange during exercise and the Bohr shift <u>EOU exam respiratory</u></p>	<p>4.3 Transfer of skill</p> <ul style="list-style-type: none"> • Positive transfer • Negative transfer • Proactive transfer • Retroactive transfer • Bilateral transfer <p>Optimising positive effects and limiting negative effects of transfer. <u>EOU EXAM – Transfer of skill</u></p> <p>4.4 Learning theories</p> <ul style="list-style-type: none"> • Operant conditioning • Thorndike’s laws • Cognitive theories of learning • Social learning/observational learning theory <p><u>EOU EXAM – Learning theories</u></p>	<p>6.1c Influence of Public Schools</p> <p>1: Promotion and Organisation of Sports and Games 2: Promotion of Ethics through Games and Sports 3: Cult of Athletiscm 4: Spread and Export of Games and Games Ethics <u>End of Unit Exam</u></p> <p>6.1d Sport in the 20th Century</p> <p>1: Class, Gender and Law & Order 2: Education 3: Availability of Time, Money and Space for Sport 4: Transport <u>End of Topic Exam</u></p>	Update Logbook with results and stats
Jan-Feb	<p>JAN PPES</p> <p>Start Nutrition</p>	<p>JAN PPES</p> <p>Start Stages of learning, guidance and feedback</p> <p>Stages of learning:</p> <ul style="list-style-type: none"> • Cognitive stage • Associative stage • Autonomous stage 	<p>JAN PPES</p> <p>Start 21st Century Sport</p>	
Feb-Apr	<p>1.2a Nutrition</p> <p>1: Diet and nutrition 2: energy and diet</p>	<p>4.5 Start Stages of learning, guidance and feedback</p> <p>Guidance:</p>	<p>6.2 Sport in the 21st Century</p> <p>1: Social Class 2: Amateurism and Professionalism 3: Gender</p>	Update Logbook with results and stats

	<p>3. Ergogenic aids: pharmacological aids 4. ergogenic aids: physiological aids 5: ergogenic aids: nutritional aids – timing of dietary intake 5b: nutritional aids – timing and hydration 5c nutritional aids <u>EOU exam nutrition</u> March PPE's in hall Start 1.2b Training</p>	<ul style="list-style-type: none"> • Verbal guidance • Visual guidance • Manual guidance • Mechanical guidance <p>Feedback:</p> <ul style="list-style-type: none"> • Positive feedback • Negative feedback • Intrinsic feedback • Extrinsic feedback • Knowledge of results • Knowledge of performance <p>EOU EXAM – Stages of learning, guidance and feedback.</p>	<p>4: Law and Order 5: Education 6: Availability of Time, Money and Transport. 7: Globalisation of Sport 8: Freedom of Movement 9: Impact of Media Converge <u>End of Unit Exam</u> March PPE's in hall Start Global Sporting Events</p>	
Apr-May	<p>1.2b Preparation and Training Mehtods continued 6: principles of training 7: periodisation 8: aerobic evaluation methods 9: aerobic training methods practical 10: aerobic methods of training 11: aerobic training adaptations 12a: strength evaluation methods 12: types of strength and evaluation methods 13a: types of strength training methods 13: strength training methods 14: adaptations to strength training 15: flexibility – types of, factors affecting and evaluation methods 16: flexibility training methods and adaptations 17: lifestyle diseases</p>	<p>5.1 Individual differences</p> <ul style="list-style-type: none"> • Personality <ul style="list-style-type: none"> ○ Type and Type B personalities ○ Stable and unstable personality traits ○ Social learning and interactionist approach to personality. • Attitudes <ul style="list-style-type: none"> ○ Methods of changing attitudes ○ Attitudes associated with physical education and sport • Motivation <ul style="list-style-type: none"> ○ Intrinsic motivation ○ Extrinsic motivation ○ Relationship between intrinsic 	<p>6.3 Global Sporting Events 1: Modern Olympic Games 2: Olympic Values 3: Political Exploitation of Olympic Games 4: Berlin 1936 5: Mexico City 1968 6: Munich 1972 7: Moscow 1980 8: Los Angeles 1984 9: Sporting Impacts of Hosting 10: Social Impacts of Hosting 11: Economic Impacts of Hosting 12: Political Impacts of Hosting <u>End of Unit Exam</u></p>	<p>Update Logbook with results and stats</p> <p>Introduce Evaluation and Analysis of Performance Improvement.</p>

	<u>EOU exam training</u>	<p>and extrinsic motivation.</p> <ul style="list-style-type: none"> • Arousal <ul style="list-style-type: none"> ○ Drive theory ○ Inverted U theory ○ Catastrophe theory • Anxiety <ul style="list-style-type: none"> ○ Competitive anxiety ○ Somatic and cognitive anxiety ○ Cue utilisation • Aggression <ul style="list-style-type: none"> ○ Instinct theory of aggression ○ Frustration-aggression hypothesis ○ Aggressive cue hypothesis ○ Social learning theory • Social facilitation <ul style="list-style-type: none"> ○ Evaluation apprehension ○ Effects of social facilitation on performance <p><u>EOU EXAM – Individual differences</u></p>		
June-July	<p>Biomechanics</p> <ol style="list-style-type: none"> 1: newtons laws 2: calculations 3: force 4: vertical and horizontal forces 5: free body diagrams 6: centre of mass 	<p>5.2 Group and team dynamics and goal setting in sport</p> <p>Stages of group development</p> <ul style="list-style-type: none"> • Forming • Storming • Norming • Performing 	<p>Extended Answer Preparation</p> <p>Synoptic Questions and Answers</p> <p>End of year exam (AS paper)</p> <p><u>Begin Year 2 Content</u></p>	<p>Update Logbook with all results from Year 1 with stats.</p> <p>Continue with Evaluation and Analysis of Performance Improvement.</p>

	<p>7: levers 8: analysis of movement and technology <u>EOU exam Biomechanics</u> End of year exam (AS paper)</p>	<p>Team cohesion</p> <ul style="list-style-type: none"> • Group integration • Individual attraction to the group <p>Group or sports team performance</p> <ul style="list-style-type: none"> • Ringlemann effect • Social loafing <p>Goal setting</p> <ul style="list-style-type: none"> • SMART goal setting • Different types of goal • Factors affecting goal setting <p><u>EOU EXAM – Group and team dynamics and goal setting in sport.</u></p>		
	Component 1: Applied Anatomy and Physiology	Component 2: Psychological Factors affecting performance	Component 3: Socio-cultural issues in physical activity and sport	Practical performance and AEPI
Year 2	<p>Topic 1.1: applied anatomy and physiology Topic 1.2: exercise physiology Topic 1.3: biomechanics</p>	<p>4.1 Memory models 5.1 Attribution in sport 5.2 confidence and self-efficacy in sports performance 5.3 Leadership in sport 5.4 Stress management to optimist performance</p>	<p>6.1: Ethics and Deviance in Sport 6.2: Commercialisation and the Media 6.3: Routes into Sporting Excellence 6.4: Modern Technology in Sport</p>	
Sept-Oct	<p>1.1c Energy for exercise 1. ATP and the PC system 2. Glycolytic system 3. aerobic system 4. energy continuum <u>EOU exam energy for exercise</u> 1.1d Environmental effects on body systems 1. The recovery process: EPOC – fast stage</p>	<p>4.1 Memory models</p> <ul style="list-style-type: none"> • Atkinson and Shiffrin's multi-store memory model • Craik and Lockhart's levels of processing model • Relating both models to the learning of performance in physical activity skills <p><u>EOU EXAM – Memory models</u></p>	<p>6.1 Ethics and Deviance 1. Doping and Drugs in Sport 2. Legal Supplements 3. Elite Performers and Drug Use 4. Impacts of Drug Use 5. Strategies to Combat Drug Use 6. Violence in Sport 7. Gambling in Sport 8. Match Fixing <u>End of Topic Exam</u> 6.2 Commercialisation and Media</p>	

	<p>2. 1. The recovery process: EPOC – slow stage</p> <p>3. the effects of altitude on performance</p> <p>4. the effects of heat on performance</p>		<p>1. Factors leading to Commercialisation of Contemporary Physical Activity and Sport</p> <p>2. Impacts of Commercialisation on Physical Activity and Sport</p> <p>3. Coverage of Sport by Media</p> <p>4. Relationship between Sport and the Media</p> <p><i>End of Topic Exam</i></p>	
Nov-Dec	<p><i>EOU exam recovery, altitude and heat</i></p> <p>Nov PPE's in hall</p> <p>Start 1.2 Injury prevention</p>	<p>Nov PPE's in hall</p> <p>5.1 Attribution in sport</p> <ul style="list-style-type: none"> • Weiner's model of attribution • Controllability • Learned helplessness • Mastery orientation • Attribution retraining. <p><u>EOU EXAM – Attribution in sport</u></p>	<p>Nov PPE's in hall</p> <p>6.3 Routes into Sporting Excellence</p> <ol style="list-style-type: none"> 1. Talent ID to Elite Performance 2. Role of UK Sport in Developing Elite Sport 3. National Institutes of Sport 4. Role of Schools, Colleges, Clubs and Universities 5. Strategies to address drop out and failures. 	
Jan-Feb	<p>Injury prevention and rehabilitation of exercise</p> <ol style="list-style-type: none"> 1. Chronic injuries 2. acute injuries 3. intrinsic risk factors 4. extrinsic risk factors 5. warm up and cool down 6. responding to injuries 7. Treatment methods 8. treatment of common injuries <p><i>EOU exam injury prevention</i></p>	<p>5.2 Confidence and self-efficacy in sports performance</p> <ul style="list-style-type: none"> • Sports performance, participation and self-esteem • Vealey's sport confidence model • Bandura's theory of self-efficacy <p><u>EOU EXAM – Confidence and self-efficacy in sports performance</u></p> <p>5.3 Leadership in sport</p> <ul style="list-style-type: none"> • Leadership styles <ul style="list-style-type: none"> ○ Autocratic ○ Democratic ○ Laissez-faire 	<p>6.3 Modern Technology</p> <ol style="list-style-type: none"> 1. Elite Performance and General Participation 2. Modern Technology and Participation 3. Fair Outcomes 4. Entertainment 	<p>Evaluation and Analysis of Performance Improvement</p>

		<ul style="list-style-type: none"> • Theories of leadership <ul style="list-style-type: none"> ○ Trait perspective ○ Social learning theory ○ Interactionist theory • Chelladurai's multi-dimensional model of sports leadership 		
Feb-Apr	Feb PPE's 1.3b Biomechanics 1+2: linear motion 3: angular motion 4. angular motion descriptors 4b angular momentum 5 fluid mechanics 6: projectile motion <u>EOU exam biomechanics</u>	5.4 Stress management to optimise performance <ul style="list-style-type: none"> • Stress and it's causes • Stressors • Physical responses to stress • Stress and anxiety management techniques • Cognitive stress management techniques <ul style="list-style-type: none"> ○ Rational thinking ○ Mental rehearsal and imagery ○ Mindfulness ○ Goal setting • Somatic stress management techniques <ul style="list-style-type: none"> ○ Relaxation ○ Progressive muscular relaxation ○ Biofeedback ○ Centring technique ○ Breathing control <u>EOU EXAM – Stress management to optimise performance</u>	Feb PPE's	March 31 st Deadline for submitting of all NEA marks
Apr-May	1st week after Easter final PPE Revision		1st week after Easter final PPE Revision	