



St George's School
Physical Education
KS5 Curriculum

<p>PREREQUISITE KNOWLEDGE & SKILLS <i>The foundations needed to thrive in this subject.</i></p>	<p>Who should study this subject? Anyone with a passion for sport who wants to gain further insight into the physiology, psychology and social cultural aspects of sport. The course has multiple disciplines, students will be stretched academically by the theory content, challenged to analyse and feedback verbally on their chosen sport and perform to their best competitively in their chosen sport. Students need to be actively engaged in the world of sport, keep up to date with current topics and trends and be knowledgeable about sport as a whole.</p> <p>Key Skills developed during KS4: Knowledge of physical skills needed to perform and how they are learnt; understanding of how to analyse and feedback on performances they have observed. Know how to make decisions within competitive sport and problem solve. To be resilient and determined towards setbacks and communicate effectively with their peers and adults in order to work towards a common goal.</p> <p>St George's course entry requirements: In addition to the St George's entry requirements level 6 in GCSE PE (if studied but not required) and English and Science due to the nature of the course content.</p>
<p>QUALIFICATION <i>Exam Board, aims and objectives.</i></p>	<p>A Level OCR OCR's A Level in Physical Education will equip learners with both a depth and breadth of knowledge, understanding and skills relating to scientific, socio-cultural and practical aspects of physical education.</p>
<p>ASSESSMENT <i>Internal monitoring and final assessment.</i></p>	<p>Internal Assessment: Topic tests are completed and marked throughout the course Verbal feedback given during lessons Exam board questions are marked and students are given feedback throughout the course Students will complete a mock exam in year 12 and 13.</p> <p>Final assessment: Three final written exams: Paper 1 H555/01 Physiological factors affecting performance Paper 2 H555/02 Psychological factors affecting performance Paper 3 H555/03 Socio-cultural issues in physical activity and sport</p> <p>H555/05 Practical Performances (internally assessed and externally moderated) An assessment of practical performance in their chosen sport</p> <p>H555/06 Evaluating and Analysing Performance for Improvement (internally assessed and externally moderated) Observation of a sporting performance and a verbal presentation of their analysis</p>
<p>ENRICHMENT <i>Trips & Visits, wider reading, etc.</i></p>	<p>Visits and Events: Extra curricular competition and practices</p> <p>Wider reading: Bounce - Matthew Syed High Performance Lessons from the Best on Becoming Your Best - Jake Humphrey, Prof Damian Hughes</p>
<p>NEXT STEPS <i>Where this subject can take you.</i></p>	<p>Related University Courses: Sport and Exercise Science, Sports Science, Sports Journalism, Leisure and Sports Studies, Sports Marketing, Physiotherapy, Sports Therapy, Sports Coaching, Strength and Conditioning, Physical Education.</p>

Career Paths:

Physiotherapy, Sports Psychologist, Strength and Conditioning, Sports Journalism, Personal Training, Sports Coaching, Sport Therapy, Broadcasting, Nutrition, Teaching, Elite Athlete, Disabled Sports Management, Events management, Leisure management, Sports marketing

Year 12**Autumn Term**

Topics:

Paper 1 H555/01 Physiological factors affecting performance**Book 1**

1.1 Skeletal and Muscular Systems

3.1 Biomechanical principles: Newton's laws of motion, force and technology

1.2 Cardiovascular and Respiratory systems

Paper 2 H555/02 Psychological factors affecting performance**Book 1**

4.1 Classification of skills

4.2 Types and methods of practice

4.3 Transfer of skills

Paper 3 H555/03 Socio-cultural issues in physical activity and sport**Book 1**

6.1 Emergence and evolution of modern sport

NEA H555/05 Practical Performances

Identify and begin to focus on development of core and advanced skills in their chosen sport

Skills:

Ability to interpret key theories and apply those to practical sporting examples. Analyse and interpret data and graphs relating to changes within musculo-skeletal, cardiorespiratory and neuro-muscular systems during different types of physical activity and sport. Develop knowledge and use of definitions, equations, formulae and units of measurement ability to plot, label and interpret graphs and diagrams. Contextualise important historical events and be able to identify the development of sport throughout history. Practically demonstrate methods of practice and communicate coaching/teaching methods to their peers.

Assessment:

Exam questions are used at the end of each topic to assess student knowledge and progress.

Spring Term

Topics:

Paper 1 H555/01 Physiological factors affecting performance**Book 1**

2.2 Preparation and Training Methods

2.1 Diet, Nutrition and effects on physical activity and performance

Paper 2 H555/02 Psychological factors affecting performance**Book 1**

4.4 Learning Theories

4.5 Stages of Learning, guidance and feedback

Paper 3 H555/03 Socio-cultural issues in physical activity and sport**Book 1**

6.2 Global Sporting Events

NEA H555/05 Practical Performances

Development of core and advanced skills in their chosen sport

Skills:

Students will build on skills from the previous term and develop an understanding of quantitative methods for planning, monitoring and evaluating physical training and performance. Interpretation of graphical representations associated with sport psychology theories.

Assessment:

Exam questions are used at the end of each topic to assess student knowledge and progress.

Summer Term	<p>Topics:</p> <p>Paper 1 H555/01 Physiological factors affecting performance</p> <p>Book 1</p> <p>3.2 Biomechanical principles: Stability and lever systems</p> <p>Book 2</p> <p>1.1 Energy for exercise</p> <p>Paper 2 H555/02 Psychological factors affecting performance</p> <p>Book 1</p> <p>5.1 Individual differences</p> <p>5.2 Group and team dynamics and goal setting in sport</p> <p>Paper 3 H555/03 Socio-cultural issues in physical activity and sport</p> <p>Book 1</p> <p>6.3 Routes to sporting excellence</p> <p>NEA H555/05 Practical Performances</p> <p>Continued development of core and advanced skills in their chosen sport</p> <p>Skills: Students will continue to develop skills from the previous two terms as well as focusing on exam technique for the upcoming mock exams</p> <p>Assessment:</p> <p>Exam questions are used at the end of each topic to assess student knowledge and progress.</p> <p>Year 12 Mock exams</p>
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Year 13

Autumn Term	<p>Topics:</p> <p>Paper 1 H555/01 Physiological factors affecting performance</p> <p>Book 2</p> <p>1.1 Energy for exercise</p> <p>1.2 Recovery, altitude and heat</p> <p>3.1 Linear motion</p> <p>Paper 2 H555/02 Psychological factors affecting performance</p> <p>Book 2</p> <p>4.1 Memory models</p> <p>5.1 Attribution Theory</p> <p>5.2 Confidence and self-efficacy in sports performance</p> <p>Paper 3 H555/03 Socio-cultural issues in physical activity and sport</p> <p>Book 2</p> <p>6.2 Commercialisation and media</p> <p>H555/05 Practical Performances</p> <p>Completion of their practical footage ready for submission at the end of the term</p> <p>NEA H555/06 Evaluating and Analysing Performance for Improvement</p> <p>Students will prepare for their EAPI assessment</p> <p>Skills:</p> <p>Develop understanding of the use of energy systems during different types of physical activity and sport and the recovery process.</p> <p>Development of NEA skills and knowledge.</p> <p>Written responses to longer exam questions requiring students to think critically, compare and contrast across synoptic questions.</p> <p>Assessment:</p> <p>NEA EAPI assessment</p> <p>Submission of practical NEA footage for internal assessment</p>
Spring Term	<p>Topics:</p> <p>Paper 1 H555/01 Physiological factors affecting performance</p> <p>Book 2</p> <p>3.2 Angular motion</p> <p>3.3 Fluid mechanics</p> <p>2.1 Injury prevention and rehabilitation</p>

Paper 2 H555/02 Psychological factors affecting performance

Book 2

5.3 Leadership in sport

5.4 Stress management to optimise performance

Paper 3 H555/03 Socio-cultural issues in physical activity and sport

Book 2

6.1 Ethics and Deviance in Sport

6.4 Modern technology in sport

H555/05 Practical Performances

Development of core and advanced skills in preparation for moderation

NEA H555/06 Evaluating and Analysing Performance for Improvement

Completion of all EAPI assessments

Skills:

Development of NEA skills and knowledge.

Written responses to longer exam questions requiring students to think critically, compare and contrast across synoptic questions.

Assessment:

H555/05 Practical Performances External Practical moderation

**Summer
Term**

Topics:

Paper 1 H555/01 Physiological factors affecting performance

Revision and exam practice

Paper 2 H555/02 Psychological factors affecting performance

Revision and exam practice

Paper 3 H555/03 Socio-cultural issues in physical activity and sport

Revision and exam practice

Skills:

Consolidation and knowledge retrieval from previous topics.

Written responses to longer exam questions requiring students to think critically, compare and contrast across synoptic questions.

Assessment:

Written Paper 1 H555/01 Physiological factors affecting performance 2 hours 90 marks

Written Paper 2 H555/02 Psychological factors affecting performance 1 hour 60 marks

Written Paper 3 H555/03 Socio-cultural issues in physical activity and sport 1 hour 60 marks