

Physical Education

Curriculum Intent:

To deliver the AQA A level PE course and ensure students are fully prepared for their examination.
To develop a lifetime love PE and physical activity.

Year 12 and Year 13

Core knowledge:

Students will learn the following content across 2 papers as well as completing a non- examination assessment.

Paper 1

- Anatomy & Physiology
- Skill acquisition
- Sport and society
- Biomechanical movement

Paper 2

- Exercise physiology and biomechanics
- Sport Psychology
- Sport and society and the role of technology in physical activity and sport

Non- examination assessment

- Practical performance
- Analysis and evaluation (coursework)

Procedural knowledge (how to..):

Develop the ability to 'learn topics' that are challenging

Understand the difference between A01, A02 and A03 and what is needed in each question to gain marks

Develop the ability to work effectively at home.

Develop revision tools to ensure revision is productive.

Learn how to write answers using the correct structure, grammar and punctuation.

Assessment:

The final formal assessment will take place in the summer of Y13 where students will complete a 2 hour paper 1 and a 2 hour paper 2.

There will be a number of opportunities to sit full papers in full exam conditions to prepare students fully.

By Easter of Y13 their practical performance and coursework mark will have been submitted.

Regular assessments will be set throughout the year to look at student progress.

Homework:

Homework will be set every week to consolidate knowledge

This will be a mixture of past paper questions, quizzes and reading.

All homework will be explained in class and will also be set on Satchel:One.

Links to careers and personal development include:

Enabling students to recognise risks to their own wellbeing

Promoting inclusivity and diversity of all protected characteristics

Social development: Practice using a range of social skills in different situations

Confidence, Resilience and Knowledge: Mentally healthy, physically healthy, active lifestyle, healthy relationships