

A-level Physical Education – Outline Programme of Study

Year 12

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Big ideas/ topics	Applied anatomy and physiology Sport psychology Emergence of globalisation of sport in the 21st century	Applied anatomy and physiology Sport psychology Emergence of globalisation of sport in the 21st century	Applied anatomy and physiology Sport psychology Emergence of globalisation of sport in the 21st century	Applied anatomy and physiology Sport psychology The impact of sport on society and of society on sport	Biomechanical movement Sport psychology The impact of sport on society and of society on sport	Biomechanical movement Sport psychology The impact of sport on society and of society on sport
Key Knowledge	Cardiovascular system Aspects of personality & Attitudes Pre-industrial (pre-1780)	Respiratory system Arousal & Anxiety Industrial and post-industrial (1780–1900)	Neuromuscular system Aggression & Motivation. Achievement motivation theory Post World War II (1950 to present)	Musculoskeletal system Social facilitation Group dynamics Importance of goal setting Sociological theory applied to equal opportunities	Biomechanical principles, levers, linear motion. Attribution theory Self-efficacy and confidence Sociological theory applied to equal opportunities	Angular motion, projectile motion, fluid mechanics. Leadership Stress management Sociological theory applied to equal opportunities

Year 13

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Big ideas/ topics	Applied anatomy and physiology Skill acquisition Sport and society	Applied anatomy and physiology Skill acquisition Sport and society	Exercise physiology Skill acquisition Sport and society	Exercise physiology Skill acquisition Sport and the law	Exercise physiology Skill acquisition Technology in sport	
Key Knowledge	Energy systems Skill, skill continua and transfer of skills. Structure of practice for learning Concepts of physical activity and sport	Energy systems Principles and theories of learning and performance Development of elite performers in sport	Diet and nutrition Use of guidance and feedback Ethics in sport Violence in sport	Preparation and training methods General information processing model Drugs in sport Sport and the law	Injury prevention and rehabilitation Efficiency of information processing Impact of commercialisation Role of technology	Revision Exam practice

Further information and reading list

- AQA specification - <https://filestore.aqa.org.uk/resources/pe/specifications/AQA-7582-SP-2016.PDF>
- Textbook - https://www.amazon.co.uk/AQA-level-PE-Year/dp/1510473300/ref=sr_1_1?crid=3UD7GWE2HVZM3&keywords=a+level+pe+aqa&qid=1677443756&srefix=a+level+pe+aq%2Caps%2C260&sr=8-1
- Revision books - https://www.amazon.co.uk/My-Revision-Notes-level-Level/dp/1510405224/ref=sr_1_9?crid=3UD7GWE2HVZM3&keywords=a+level+pe+aqa&qid=1677443774&srefix=a+level+pe+aq%2Caps%2C260&sr=8-9
- https://www.amazon.co.uk/Need-Know-AQA-level-PE/dp/1510428577/ref=sr_1_12?crid=3UD7GWE2HVZM3&keywords=a+level+pe+aqa&qid=1677443774&srefix=a+level+pe+aq%2Caps%2C260&sr=8-12

Ways to support and extend student learning in this subject

- ANKI revision – download and use daily - <https://apps.ankiweb.net/>
- Condense your notes – e.g. from 3 pages to 2, to 1, keeping only the key information that will help trigger your memory on a topic.
- Watch YouTube videos if finding a topic difficult – James Morris/TheEverLearner/ThePETutor
- Regular exam practice
- Create a revision card after each lesson with the key concepts/terms and test yourself/ask others to test you
- Ensure practical filming is done early as well keeping to written coursework deadlines