

Year 12 and 13 A Level PE - Anatomy and Physiology Curriculum Rationale

Develops a holistic understanding of physical education – stimulating content is at the heart of this engaging qualification, students will receive a well-rounded and full introduction to the world of PE, sport, and sport science through the combination of physical performance and academic challenges. Students will engage with key issues and themes relating to contemporary global influences on physical education and sport. The knowledge, skills and understanding from this qualification positions candidates strongly higher education or employment in a range of roles in this dynamic and growing employment sector.

Unit:	Core knowledge/skill development:	Sequence:	Assessment:	Literacy, numeracy, PSHE, FBV, other links	ACP and VAA development:	Home learning and enrichment
Practical Coursework	Skills in isolation and unedited game play Evidence. Videos shown as full mark examples	Launch at start of course as takes time to produce. Summer Sports one season to collect. Worth 15% of course-regular checks to keep students on top of work required.	Externally assessed at end of course May. Teacher assessed throughout and feedback given. <i>December/Feb/June</i> <i>Final Hand in date Dec</i> <i>15% of course</i>	Use of ICT	Linking- Connection finding Hardworking – Practice Analysing – Precision	Ongoing collection of performances via video. Use of media platforms to create videos.
1.1 Muscular skeletal system Cardio-respiratory system and cardiovascular system	Names or select muscles, movements available, muscles responsible, joint actions. Stretch shortening cycle, muscle roles, levers, newtons laws, stability, resultant force, effects of a warm up.		<i>Formative-</i> Quizlet, Exam questions throughout lessons, EverLearner Tasks. <i>Summative-</i> Assessment Paper 1 (<i>First week after Oct half term</i>)	SPAG- understanding mark schemes and answering developed essays. Numeracy for understanding timelines, historical data etc.	Metathinking – Metacognition Linking- Connection finding Realising – Automaticity Linking- Big Picture thinking	Online Platform EverLearner Quizlet- CCS created study sets. Past Paper Question Booklets

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	Anatomy and physiology of cardio and respiratory systems, mechanics of breathing, lung volumes, cardiac cycle, effects of a warm up on these systems, healthy and unhealthy lifestyles.		<i>Low Stakes Quizzes</i> - using forms			
Coursework Collapse Part 1 <i>Start of November (2 weeks)</i> Year 1	Physiological component	Collapsed timetable to set focus and give lots of 1:1 feedback. Splits coursework into 3 parts so less pressure in Year 2 of course.	Teacher assessed throughout and feedback given. Teacher marked at end of assessment and feedback given to make changes.	Use of ICT SPAG- of work produced. Numeracy- word count.	Linking- Connection finding Hardworking Meta Thinking- Strategy Planning	Complete Coursework focus. Exam board examples
1.2 Neuro-muscular system. 2.1 Diet and Nutrition	Anatomy and physiology of neuromuscular system. Muscle fibre types, different characteristics of fibres, fibre recruitment patterns, sliding filament theory, response to a		<i>Formative</i> - Quizlet, Exam questions throughout lessons, EverLearner Tasks. Planned retrieval every lesson. <i>Summative</i> - Assessment Paper 2	SPAG- understanding mark schemes and answering developed essays.	Metathinking – Metacognition Linking- Connection finding Realising – Automaticity	Online Platform EverLearner Quizlet- CCS created study sets. Past Paper Question Booklets

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	warmup. Chronic adaptations to exercise.		<i>(First week after Feb half term)</i> <i>Low Stakes Quizzes-</i> using forms		Linking- Big Picture thinking	
Coursework Collapse Part 2 <i>Start of April (2 weeks)</i> Year 1	Technical component	Collapsed timetable to set focus and give lots of 1:1 feedback. Splits coursework into 3 parts so less pressure in Year 2 of course.	Teacher assessed throughout and feedback given. Teacher marked at end of assessment and feedback given to make changes.	Use of ICT SPAG- of work produced. Numeracy- word count.	Linking- Connection finding Meta Thinking- Strategy Planning Realising – Automaticity	Complete Coursework focus. Exam board examples
2.2. Preparation and training.	Types of training, fitness testing, interpreting data, determinants of performance, Principles of training, calculating intensity, periodisation, altitude, heat and humidity, recovery strategies.		<i>Formative-</i> Quizlet, Exam questions throughout lessons, EverLearner Tasks. Planned retrieval every lesson. <i>Summative-</i> Assessment PPE end of Year exam. <i>(June school directed)</i>	SPAG- understanding mark schemes and answering developed essays.	Metathinking – Metacognition Linking- Connection finding Realising – Automaticity Linking- Big Picture thinking	Online Platform EverLearner Quizlet- CCS created study sets. Past Paper Question Booklets

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			<i>Low Stakes Quizzes</i> - using forms			
<i>End of Year one</i>						
<i>Start of Year two</i>						
1.4 Energy systems: Fatigue and recovery	Forms of energy, three energy pathways, energy continuum, causes of fatigue, recovery, EPOC, DOMS, EIMD, priming.		<i>Formative</i> - Quizlet, Exam questions throughout lessons, EverLearner Tasks. Planned retrieval every lesson. <i>Low Stakes Quizzes</i> - using forms	SPAG- understanding mark schemes and answering developed essays	Metathinking – Metacognition Linking- Connection Finding Realising – Automaticity Linking- Big Picture thinking	Online Platform EverLearner Quizlet- CCS created study sets. Past Paper Question Booklets
PDP Launch October (2 weeks)	Performance Development Programme	Launch as students need to complete an 8-week training programme before evaluation.	Teacher assessed throughout and feedback given. Teacher marked at end of assessment and feedback given to make changes.	Use of ICT SPAG- of work produced. Numeracy- word count.	Linking- Connection finding Meta Thinking- Strategy Planning Realising – Automaticity	Complete Coursework focus. Exam board examples

Unit:	Core knowledge/skill development:	Sequence:	Assessment:	Literacy, numeracy, PSHE, FBV, other links	ACP and VAA development:	Home learning and enrichment
Practical Hand in <i>(Before Christmas Break)</i>	Skills in isolation and unedited game play Evidence.	Ensure work is completed and all evidence should have been collected.	Teacher marked against Criteria Worth 15% of course	SPAG- of work produced. Numeracy- word count.	Hardworking	N/A
2.3 Injury prevention and the rehabilitation of injury	Injury classification, acute and overuse, prevention of injury, rehabilitation, POLICE, RICE,					
PDP Evaluation Collapse (1 week) April	Final Evaluation	Focused teacher time and feedback	Teacher marked against Criteria.	SPAG	Realising – Automaticity	Complete Coursework focus.
2.4 Linear motion, 2.5 Angular motion 2.6 Projectile motion 2.7 Fluid mechanics	Calculations, plotting data, application to sport, technical adjustments related to biomechanical understanding, types of spin in tennis, football, magnus effect, Bernoulli effect.					
PDP Hand in date Mid April	Performance Development Programme	Hand in before official deadline for teacher marking time.	Teacher marked against Criteria.	SPAG	Hardworking	N/A