

½ TERM	TAUGHT CURRICULUM	TAUGHT SKILLS	SUMMATIVE ASSESSMENT TITLE/TYPE	ASSESSMENT CRITERIA	LEARNED CURRICULUM
TOPIC					
1	<p>Sport and Society</p> <ul style="list-style-type: none"> • Emergence and evolution of modern sport • Sport in the 21st century • Global sporting events 	<p>Learners will develop their knowledge and understanding of how physical activity and sport have developed through time and the factors that shape contemporary sport.</p> <p>For the 'Emergence and evolution of modern sport' topic area, it will be beneficial to include the use of case studies in particular sports (for example football, tennis, athletics or cricket) which can be charted through the different time periods covered.</p> <p>Learners will also understand the nature of global sporting events and how they reflect and are impacted upon by social issues.</p>	<p>End of topic exam paper. 30 marks</p> <p>10 mark analysis and evaluation question.</p>	<p>AO1 Demonstrate knowledge and understanding of the factors that underpin involvement in physical activity and sport.</p> <p>AO2 Apply knowledge and understanding of the factors that underpin involvement in physical activity and sport.</p> <p>AO3 Analyse and evaluate the factors that underpin involvement in physical activity and sport.</p>	<p>https://www.youtube.com/watch?v=7FLrMbKhZZo</p> <p>https://www.ocr.org.uk/qualifications/as-a-level-gce-physical-education-h155-h555-from-2016/delivery-guide/Images/123-329201-learnerresource1footballthroughtime-teacher-v2.doc</p> <p>https://www.ocr.org.uk/qualifications/as-a-level-gce-physical-education-h155-h555-from-2016/delivery-guide/Images/123-329204-learnerresource2putyourselfintheirplace-v1.doc</p> <p>https://www.ocr.org.uk/qualifications/as-a-level-gce-physical-education-h155-h555-from-2016/delivery-guide/Images/123-329207-learnerresource3headlinenewsimages-v1.doc</p> <p>https://www.ocr.org.uk/qualifications/as-a-level-gce-physical-education-h155-h555-from-2016/delivery-guide/Images/123-329206-learnerresource</p>

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2	<p>Applied Anatomy and Physiology</p> <ul style="list-style-type: none"> • Joints, movements and muscles • Functional roles of muscles and types of contraction • Analysis of movement • Skeletal muscle contraction • Muscle contraction during exercise of differing intensities and during recovery 	<p>Learners will develop their knowledge and understanding of the roles of the skeletal and muscular systems in the performance of movement skills in physical activities and sport. Knowledge and understanding of the skeletal system will include the structure and functions of bones, joints and connective tissues. Knowledge and understanding of planes of movement, the roles of muscles and types of contraction will be developed. Learners will also be able to analyse movement in physical activities and sport applying the underlying knowledge of muscular contraction.</p>	<p>End of topic exam paper. 30 marks</p> <p>10 mark analysis and evaluation question.</p>	<p>AO1 Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO2 Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO3 Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO4 Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance.</p>	https://www.youtube.com/watch?v=yfma9NhzCs8
3	<p>Applied Anatomy and Physiology</p> <ul style="list-style-type: none"> • Cardiovascular system at rest • Cardiovascular system during exercise of differing intensities and during recovery • Respiratory system at rest 	<p>Learners will know key terms and develop their knowledge and understanding of the cardiovascular and respiratory systems at rest, during exercise and during recovery. Knowledge and understanding of the recovery system and how the body returns to its pre-exercise state will also be developed.</p>	<p>End of topic exam paper. 50 marks</p> <p>15 mark analysis and evaluation question.</p>	<p>AO1 Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO2 Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p>	https://www.youtube.com/watch?v=yfma9NhzCs8

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	<ul style="list-style-type: none"> Respiratory system during exercise of differing intensities and during recovery 			<p>AO3 Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO4 Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance.</p>	
4	<p>Exercise Physiology</p> <ul style="list-style-type: none"> Diet and nutrition Ergogenic aids Aerobic training Strength training Flexibility training Periodisation of training Impact of training on lifestyle diseases 	<p>Learners will develop their knowledge and understanding of the components and functions of a balanced diet, as well as being able to relate diet, hydration and dietary supplements to performance in physical activities and sports. Knowledge and understanding will also be developed of ergogenic aids and how they are used to improve sports performance. Learners will develop their knowledge and understanding of aerobic training, methods of evaluating aerobic capacity and factors affecting VO2 max, as well as applying the importance of this training to physical activities and sports. Strength and flexibility training will also be covered, including knowledge and understanding of the types of strength and flexibility</p>	<p>End of topic exam paper. 50 marks</p> <p>20 mark analysis and evaluation question.</p>	<p>AO1 Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO2 Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO3 Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.</p>	<p>https://www.youtube.com/watch?v=tuaYUsc70aA</p>

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		<p>training, factors that affect strength and flexibility and methods of evaluating strength and flexibility. Learners will also be able to understand how training can be used to develop strength and flexibility through different training activities and how the body adapts to such training. Learners will also develop their knowledge and understanding of the periodisation of training and how to plan personal health and fitness programmes. Learners will also develop their knowledge and understanding of the impact of training on lifestyle related diseases that affect the cardiovascular and respiratory systems.</p>			
5	<p>Skill Acquisition</p> <ul style="list-style-type: none"> • Classification of skills • Types and methods of practice • Transfer of skills • Principles and theories of learning movement skills • Stages of learning • Guidance • Feedback 	<p>This topic will develop learners' knowledge and understanding of the role of skill acquisition in performance of physical activities and sports. It aims to develop knowledge and understanding of the principles required in order to optimise the learning of new, and the development of existing, skills. Learners will develop an understanding of the importance of being able to classify skills in order to select the most suitable approach to the learning of motor skills.</p>	<p>End of topic exam paper. 30 marks</p> <p>10 mark analysis and evaluation question.</p>	<p>AO1 Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO2 Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO3 Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.</p>	<p>https://www.youtube.com/watch?v=iHBo9vTuE9g</p> <p>http://www.teachpe.com/sports-psychology/skill-acquisition/</p> <p>http://www.livestrong.com/article/174899-how-to-teach-a-5-year-old-to-ride-a-bike-without-training-wheels/</p> <p>http://www.sports-training-adviser.com/transferprinciple.html</p> <p>http://www.simplypsychology</p>

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		<p>Learners will look at the underlying factors required for effective and efficient performance. Learners will also gain a detailed understanding of the impact of the environment and conditions in which new skills are learned on the success of acquiring these motor skills. Knowledge and understanding will also be developed in the different approaches and theories to teaching new skills as well as the guidance and feedback used to support this.</p> <p>Focus will also be placed on enhancing existing skills and the opportunities to transfer between the two.</p> <p>Through application of knowledge gained from this topic, learners will be able to develop their skills in other sporting roles such as coach or leader, as well as directly relating it to their own performance</p>		<p>AO4 Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance.</p>	<p>.org/piaget.html</p> <p>http://transfersoflearning.blogspot.co.uk/</p>
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<p>6</p>	<p>Sports Psychology</p> <ul style="list-style-type: none"> • Individual differences • Group and team dynamics in sport 	<p>Learners will develop their knowledge and understanding of the psychological factors that can affect performers in physical activity and sport. These will include Motivation, Arousal, anxiety, aggression.</p> <p>Learners knowledge and understanding will be developed on the individual differences affecting performers in physical activity and sport; group and team dynamics in sport.</p>	<p>Physiological factors affecting performance mock exam 60 marks 90minutes</p> <p>Psychological factors affecting performance mock exam 60 marks 60 minutes</p> <p>Socio-cultural issues in physical activity and sport mock exam 60 marks 60 minutes</p>	<p>AO1 Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO2 Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO3 Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.</p>	<p>http://www.thesportingmind.com</p> <p>http://www.mypeexam.org/</p> <p>http://similarminds.com/eyse nck.html</p> <p>http://icould.com/article/get-buzzing-with-the-buzz-test/</p> <p>https://www.youtube.com/watch?v=bWta9YucY1w</p>
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1	Skill Acquisition and Sports Psychology <ul style="list-style-type: none"> • Memory models • Goal setting in sports performance • Attribution • Confidence and self-efficacy in sports performance. • Leadership in sport • Stress management to optimise performance 	Knowledge and understanding will also be developed in the different approaches and theories to teaching new skills. Focus will also be placed on enhancing existing skills and the opportunities to transfer between the two. Learners knowledge and understanding will be developed on the individual differences affecting performers in physical activity and sport; the importance of goal setting in sports performance; the role of attribution in motivating performers; confidence and self-efficacy in sport; leadership in sport and stress management in physical activities and sports to optimise performance.	End of topic exam paper. 30 marks 10 mark analysis and evaluation question.	AO1 Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO2 Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO3 Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport. AO4 Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance.	
2	Applied anatomy and Physiology <ul style="list-style-type: none"> • Adenosine Triphosphate (ATP) and energy transfer • Energy systems and ATP resynthesis • ATP resynthesis 	Learners will develop their knowledge and understanding of Adenosine Triphosphate (ATP) as energy currency, along with the principle of the coupled reactions and resynthesis of ATP. The detail of the	End of topic exam paper. 60 marks 20 mark analysis and evaluation question.	AO1 Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO2 Apply knowledge and	https://www.youtube.com/watch?v=yfma9NhzCs8 https://www.youtube.com/watch?v=yfma9NhzCs8 https://www.youtube.com/

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	<p>during exercise of differing intensities and durations</p> <ul style="list-style-type: none"> • The recovery process • Exercise at altitude • Exercise in the heat <p>Exercise Physiology</p> <ul style="list-style-type: none"> • Acute and chronic injuries • Injury prevention • Responding to injuries and medical conditions in a sporting context • Rehabilitation of injury 	<p>different energy systems will be known and learners will understand the energy continuum and factors that affect the interplay of the energy systems. Learners will be able to interpret figures relating to the contribution of the three energy systems to exercise of different intensities and durations. The recovery process will be known, along with an understanding of interpretation of figures relating to the contribution of the three energy systems to exercise of different intensities and durations. Learners will develop their knowledge and understanding of the effect of exercise intensity on excess post exercise oxygen consumption (EPOC) and implications of the recovery process for planning exercise or training sessions related to physical activities and sports. Learners will develop their knowledge and understanding of exercise in the heat and recognise the effect of heat on the cardiovascular and respiratory systems. The understanding of the performance of exercise of different intensities in the heat will also be developed in this topic. Learners will be able to</p>		<p>understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO3 Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO4 Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance.</p>	<p>watch?v=tuaYUsc70aA</p>
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		understand how to prevent injury in physical activities and sport and the rehabilitation of injury including the treatment of common sporting injuries.			
3	<ul style="list-style-type: none"> ● NEA - EAPI coursework preparation <p>Biomechanics</p> <ul style="list-style-type: none"> ● Biomechanical principles ● Levers ● Analysing movement through the use of technology ● Linear motion ● Angular motion ● Fluid mechanics ● Projectile motion 	<p>Learners will be able to develop their knowledge and understanding of the underlying biomechanical principles related to Newton's Laws and force, including the factors affecting air resistance and how this knowledge is applied to sports performance. Learners will be able to calculate force, momentum, acceleration and weight. The components of a lever system will be known for 1st, 2nd and 3rd class levers. Learners will also develop their knowledge and understanding of the use of technology to analyse movement and improve performance. Learners will develop their knowledge and understanding of linear motion by being able to define linear motion and be able to apply it as well as being able to calculate quantities of linear motion. They will also be able to define angular motion and know about the creation of angular motion through the application of an eccentric</p>	<p>NEA - EAPI assessment out of 30 marks</p> <p>Submission of NEA Practical assessment evidence - 30 marks</p> <p>Mock exams Physiological factors affecting performance mock exam 90 marks 90 minutes</p> <p>Psychological factors affecting performance mock exam 60 marks 60 minutes</p> <p>Socio-cultural issues in physical activity and sport mock exam 60 marks 60 minutes</p>	<p>AO1 Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO2 Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO3 Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO4 Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance.</p>	<p>https://www.youtube.com/watch?v=_S52txSHScE</p> <p>https://www.youtube.com/watch?v=kmH6x9uEXUA</p> <p>https://www.youtube.com/watch?v=1g5H8yMRSqk&t=542s</p>

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		<p>force about one (or more) of the three axes of rotation. Again, learners will also be able to calculate angular motion and interpret graphs of angular velocity, moment of inertia and angular momentum. Learners will develop their knowledge and understanding of fluid mechanics and the factors that impact the magnitude of air resistance (on land) or drag (in water) on a body or object. Projectile motion will also be understood with factors affecting the horizontal distance travelled by a projectile, as well as patterns of flight paths as a consequence of the relative size of air resistance and weight. Bernoulli's principle will be understood along with the application of projectile motion on the design of equipment and the use of spin in sport.</p>			
<p>4</p>	<p>Contemporary issues in physical activity and sport</p> <ul style="list-style-type: none"> ● Ethics and deviance in sport ● Commercialisation and media ● Routes to sporting excellence in the UK ● Modern technology in Sport – its impact on Elite level sport, participation, fair outcomes and entertainment 	<p>The ethics involved in sport and deviance that affects sport and sporting behaviour will be understood and applied using practical examples. Learners will develop their knowledge and understanding of the positive and negative impacts of commercialisation and the media on physical activity and sport. The routes to sporting excellence in the UK will be known and the</p>	<p>End of topic exam paper. 60 marks</p> <p>10 mark analysis and evaluation question.</p>	<p>AO1 Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO2 Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO3 Analyse and evaluate</p>	<p>https://www.youtube.com/watch?v=7FLrMbKhZZo</p>

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		roles of key organisations to develop excellence will also be understood. The important and developing influences of modern technology in physical activities and sport will be understood as well as its impact on participation, fair outcomes and entertainment.		the factors that underpin performance and involvement in physical activity and sport.	
5	Revision				
6	A-Level examinations				