Physical Education A Level
Year 12 curriculum map

Year 12	T1	T2	T3	T4	T5	T6
Content / Topic for Term	• A – Physiological factors affecting performance • B – Psychological factors affecting performance • C – Socio-cultural issues in physical activity and sport					
Key Knowledge for acquisition, recall and application in assessment or exam	A – skeletal and muscular systems • 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 B – skill acquisition	A – cardiovascular and respiratory systems • cardiovascular system at rest • cardiovascular system during exercise of differing intensities and during recovery • respiratory system at rest • respiratory system during exercise of differing intensities and during recovery B – skill acquisition	A – biomechanical principles, levers and the use of technology • biomechanical principles • levers • analysing movement through the use of technology B – skill acquisition • feedback • application of skill • acquisition to exam questions C – sport and society	A – diet and nutrition and their effect on physical activity and performance • diet and nutrition • ergogenic aids B – sports psychology • individual differences C – sport and society • global sporting events	A – preparation and training methods in relation to improving and maintaining physical activity and performance • Aerobic training • Periodisation of training • Impact of training on lifestyle diseases B – Sports psychology • individual differences C – sport and society	A – preparation and training methods in relation to improving and maintaining physical activity and performance • aerobic training • strength training • flexibility training B – Sports psychology • group and team dynamics in sport • goal setting in sports performance C – Sport and society

- classification of skills - types and methods of practice - transfer of skills C – sport and society - emergence and evolution of modern sport (social class, gender, law and order, education and literacy)	- principles and theories of learning - movement - skills - stages of learning - guidance C – sport and society - emergence and evolution of modern sport (availability of time, money, type and availability of transport post 1850, 20th century and 21st century)	- emergence and evolution of modern sport - Exam question application		ethics and deviance in sport	commercialisation and media End of year test Moderation of practical
Key skills to apply in assessment or exam	- A01 Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. - A02 Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. - A03 Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.				

Title of Knowledge Organiser	A – skeletal and muscular systems A – classification of skills B – types and methods of practice B – transfer of skills B – emergence and evolution of modern sport	A – cardiovascular and respiratory systems A – principles and theories of learning movement skills B – stages of learning B – guidance – emergence and evolution of modern sport	A – biomechanical principles, levers and the use of technology A – feedback B – application of skill acquisition to exam questions – emergence and evolution of modern sport	A – diet and nutrition and their effect on physical activity and performance A – individual differences – global sporting events	A – preparation and training methods in relation to improving and maintaining physical activity and performance A – individual differences – ethics and deviance in sport	A – preparation and training methods in relation to improving and maintaining physical activity and performance A – group and team dynamics in sport B – goal setting in sports performance B – commercialisation and media