

**Physical Education A Level
Year 12 curriculum map**

Year 12	T1	T2	T3	T4	T5	T6
Content / Topic for Term	<ul style="list-style-type: none"> A – Physiological factors affecting performance B – Psychological factors affecting performance C – Socio-cultural issues in physical activity and sport 					
				<ul style="list-style-type: none"> D – Evaluating and Analysing Performance for Improvement 		
Key Knowledge for acquisition, recall and application in assessment or exam	<p>A – energy for exercise</p> <ul style="list-style-type: none"> adenosine triphosphate (ATP) and energy transfer energy systems and ATP resynthesis during exercise of differing intensities and durations <p>B – skill acquisition</p> <ul style="list-style-type: none"> memory models <p>C – contemporary issues in physical activity and sport</p> <ul style="list-style-type: none"> commercialisation and media 	<p>A – energy for exercise</p> <ul style="list-style-type: none"> the recovery process <p>A – environmental effects on body systems</p> <ul style="list-style-type: none"> exercise at altitude exercise in the heat <p>A – linear motion, angular motion, fluid mechanics and projectile motion</p> <ul style="list-style-type: none"> linear motion <p>B – sports psychology</p>	<p>A – linear motion, angular motion, fluid mechanics and projectile motion</p> <ul style="list-style-type: none"> angular motion fluid mechanics projectile motion <p>B – sports psychology</p> <ul style="list-style-type: none"> confidence and self-efficacy in sports performance leadership in sport <p>C – contemporary issues in physical activity and sport</p>	<p>A – injury prevention and the rehabilitation of injury</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>B – sports psychology</p> <ul style="list-style-type: none"> stress management to 	<p>Revision of all topics</p> <p>Exams</p> <p>D – evaluating and analysing performance for improvement</p>	

	<ul style="list-style-type: none"> • routes to sporting excellence in the UK 	<ul style="list-style-type: none"> • attribution • confidence and self-efficacy in sports performance <p>C – Contemporary issues in physical activity and sport</p> <ul style="list-style-type: none"> • routes to sporting excellence in the UK • modern technology in sport – its impact on elite level sport, participation, fair outcomes and entertainment 	<ul style="list-style-type: none"> • Modern technology in sport – its impact on elite level sport, participation, fair outcomes and entertainment <p>D – evaluating and analysing performance for improvement</p> <ul style="list-style-type: none"> • analysis of performances • linking in theory knowledge to analyse 	<p>optimise performance</p> <p>D – evaluating and analysing performance for improvement</p> <ul style="list-style-type: none"> • producing a developmental plan • justification of plan 		
<p>Key skills to apply in assessment or exam</p>	<ul style="list-style-type: none"> • 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. 					

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<p>Title of Knowledge Organiser</p>	<p>A - energy for exercise B - classification of skills B - types and methods of practice B - transfer of skills C - emergence and evolution of modern sport</p>	<p>A - energy for exercise A - linear motion B - principles and theories of learning movement skills B - stages of learning B - guidance C - emergence and evolution of modern sport</p>	<p>A - angular motion A - fluid mechanics A - projectile motion B - feedback B - application of skill acquisition to exam questions C - emergence and evolution of modern sport</p>	<p>A - injury prevention and the rehabilitation of injury B - individual differences C - global sporting events</p>		
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