

PE A Level
Year 12 assessment map



Year 12	T1	T2	T3	T4	T5	T6
	<p>Physiological factors affecting performance</p> <p>Mid term key knowledge assessment</p> <p>Joints, movements and muscles</p> <p>Functional roles of muscles and types of contraction</p> <p>End of term</p> <p>Joints, movements and muscles</p> <p>Functional roles of muscles and types of contraction</p> <p>Analysis of movement</p> <p>Skeletal muscle contraction</p>	<p>Physiological factors affecting performance</p> <p>mid term key knowledge assessment</p> <p>Cardiovascular system at rest</p> <p>Cardiovascular system during exercise of differing intensities and during recovery</p> <p>End of term - T1 content and</p> <p>Cardiovascular system at rest</p> <p>Cardiovascular system during exercise of differing intensities and during recovery</p>	<p>Physiological factors affecting performance</p> <p>Mid term key knowledge assessment</p> <p>Biomechanical principles</p> <p>End of term - T1, T2 content and</p> <p>Biomechanical principles</p> <p>Levers</p> <p>Analysing movement through the use of technology</p> <p>Psychological factors affecting performance</p>	<p>Physiological factors affecting performance</p> <p>Mid term key knowledge assessment</p> <p>Diet and nutrition</p> <p>End of term - T1, T2, T3 content and</p> <p>Diet and nutrition</p> <p>Ergogenic aids</p> <p>Psychological factors affecting performance</p> <p>Mid term key knowledge assessment</p> <p>Individual differences</p>	<p>Physiological factors affecting performance</p> <p>Mid term key knowledge assessment</p> <p>Aerobic training</p> <p>Periodisation of training</p> <p>End of term - T1, T2, T3, T4 content</p> <p>Aerobic training</p> <p>Periodisation of training</p> <p>Impact of training on lifestyle diseases</p> <p>Psychological factors affecting performance</p>	<p>Physiological factors affecting performance</p> <p>Mid term key knowledge assessment</p> <p>Aerobic training</p> <p>Strength training</p> <p>End of term - T1, T2, T3, T4, T5 content</p> <p>Aerobic training</p> <p>Strength training</p> <p>Flexibility training</p> <p>Psychological factors affecting performance</p> <p>Mid term key knowledge assessment</p>

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	<p>Muscle contraction during exercise of differing intensities and during recovery</p> <p>Psychological factors affecting performance</p> <p>Mid term key knowledge assessment -</p> <p>Classification of skills</p> <p>End of term - Year 12 content and</p> <p>Classification of skills</p> <p>Types and methods of practice</p> <p>Transfer of skills</p>	<p>Respiratory system at rest</p> <p>Respiratory system during exercise of differing intensities and during recovery</p> <p>Psychological factors affecting performance</p> <p>Mid term key knowledge assessment</p> <p>Principles and theories of learning movement skills</p> <p>End of term T1 content and</p> <p>Principles and theories of learning movement skills</p> <p>Stages of learning</p>	<p>Mid term key knowledge assessment</p> <p>Feedback</p> <p>End of term - T1, T2 content and</p> <p>Feedback</p> <p>Application of skill acquisition to exam questions</p> <p>Socio-cultural issues in physical activity and sport</p> <p>Mid term key knowledge assessment</p> <p>Emergence and evolution of modern sport</p> <p>End of term - T1, T2 content and</p>	<p>End of term - T1, T2, T3 content</p> <p>Individual differences</p> <p>Socio-cultural issues in physical activity and sport</p> <p>Mid term key knowledge assessment</p> <p>Global sporting events</p> <p>End of term - T1, T2, T3 content</p> <p>Global sporting events</p>	<p>Mid term key knowledge assessment</p> <p>Individual differences</p> <p>End of term - T1, T2, T3, T4 content</p> <p>Individual differences</p> <p>Socio-cultural issues in physical activity and sport</p> <p>Mid term key knowledge assessment</p> <p>Ethics and deviance in sport</p> <p>End of term - T1, T2, T3, T4 content</p> <p>Ethics and deviance in sport</p>	<p>Group and team dynamics in sport</p> <p>End of term - T1, T2, T3, T4, T5 content</p> <p>Group and team dynamics in sport</p> <p>Goal setting in sports performance</p> <p>Socio-cultural issues in physical activity and sport</p> <p>Mid term key knowledge assessment</p> <p>Commercialisation and media</p> <p>End of term - T1, T2, T3, T4 content</p> <p>Commercialisation and media</p>
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	<p>Socio-cultural issues in physical activity and sport</p> <p>Mid term key knowledge assessment -</p> <p>Emergence and evolution of modern sport (social class, gender, law and order, education and literacy)</p> <p>End of term</p> <p>Emergence and evolution of modern sport (social class, gender, law and order, education and literacy)</p>	<p>Guidance</p> <p>Socio-cultural issues in physical activity and sport</p> <p>Mid term key knowledge assessment</p> <p>Emergence and evolution of modern sport (availability of time, money, type and availability of transport post-1850, 20th Century and 21st Century)</p> <p>End of term - T1 content and</p> <p>Emergence and evolution of modern sport (availability of time, money, type and availability of transport post-</p>	<p>Emergence and evolution of modern sport</p>			<p>End of year test</p> <p>Moderation of practical</p>
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