Subject:	Physical Education Intent:
# Physical Education	The Physical Education department aim to provide our Physical Education students with an understanding of a wide-range of topics and allow students to play to their strengths and gain dynamic theoretical and practical skills for further education or work. Works are studied from the six areas of applied anatomy and physiology, Skill acquisition, Sport and society, Exercise physiology and biomechanics, Sport psychology and Sport and society and technology in sport. The Non Examined Assessment (NEA) involves Students being assessed as a performer or coach in the full sided version of one activity. Plus: written/verbal analysis of performance.

The Big Questions…

Year 12

Anatomy and Physiology

What are the changes within the body systems prior to exercise, during exercise of differing intensities and during recovery?

Can you interpret data and graphs relating to changes within the musculo-skeletal, cardio-respiratory and neuro-muscular systems and the use of energy systems during different types of physical activity and sport, and the recovery process?

What are the relationships between the cardiovascular and respiratory systems, nervous and muscular systems, muscular and skeletal systems to meet the demands of exercise?

How can taking part in physical activity and sport, as part of a healthy lifestyle, have a positive effect on these systems?

Skill Acquisition

How is skill acquired?

What is the impact of psychological factors on performance?

Can you interpret graphical representations associated with skill acquisition theories?

Sport and Society

What are the interaction between, and the evolution of, sport and society?

Can you understand, interpret and analyse data and graphs relating to participation in physical activity and sport?

Year 13

- **Exercise Physiology and Biomechanics**

  What adaptations occur to the body systems through training or lifestyle and how do these changes affect the efficiency of those systems?

  Can you use quantitative methods, the types and use of data for planning, monitoring and evaluating physical training to optimise performance?

  How does motion and forces impact performance in physical activity and sport?

  Can you plot, label and interpret biomechanical graphs and diagrams?

  Can you understand definitions, equations, formulae and units of measurements?
- **Sports Psychology**

  What role does sport psychology play in optimising performance in physical activity and sport?

  Can you understand and interpret graphical representations associated with sport psychology theories?

  How can group dynamics influence the performance of individuals and teams?
- **Sport and Society and Technology in Sport**

  What are the interaction between, and the evolution of, sport and society and the technological developments in physical activity and sport?

  What are the types of and use of data analysis to optimise performance?

  NEA

  Can you analyse your performance in your chosen sport by identifying your strengths and weaknesses?

What skills will I develop?

You will be able to perform a range of skills and techniques in physical activity and sport

• make decisions, implement strategies, tactics and/or compositional ideas, and apply knowledge and understanding of rules and regulations while performing physical activity and sport

• apply knowledge and understanding of theories, concepts, principles and methods to physical activity and performance

• evaluate performance in physical activity and sport, applying relevant knowledge and understanding

How will I be assessed?

At Key stage 5 work is assessed termly through A-Level graded exams so students can understand their strengths and weaknesses on each topic. Teacher feedback is given both verbally and written, on assignments and on assessed work so that pupils can improve their work before moving on to the next section of the course

Yr12 will complete an exam on Anatomy and physiology, Skill acquisition during Yr12 mock week in the spring term.

Yr13 will complete two exams on the complete A Level Course in the spring term

What great resources can I use?

https://www.aqa.org.uk/find-past-papers-and-mark-schemes for past paper questions

You tube – James Morris AQA PE videos

https://www.youtube.com/watch?v=3qnY20ezaaQ The Ever Learner

www.ThePETutor.com – available on You tube

Three ways that parents/carers can help…

1. Encourage your child to read different sport magazines and broaden their knowledge of different sports by watching different events.
2. By testing your son/daughter with their flashcards
3. By contacting the Physical Education department whenever you need additional support or have questions about the course pe@yateley.hants.sch.uk.