



St George's School
Physical Education
KS5 Curriculum

PREREQUISITE KNOWLEDGE & SKILLS <i>The foundations needed to thrive in this subject.</i>	Who should study this subject? Anyone with a passion for sport who wants to gain further insight into the physiology, psychology and social cultural aspects of sport. The course has multiple disciplines, students will be stretched academically by the theory content, challenged to analyse and feedback verbally on their chosen sport and perform to their best competitively in their chosen sport. Students need to be actively engaged in the world of sport, keep up to date with current topics and trends and be knowledgeable about sport as a whole. Key Skills developed during KS4: Knowledge of physical skills needed to perform and how they are learnt; understanding of how to analyse and feedback on performances they have observed. Know how to make decisions within competitive sport and problem solve. To be resilient and determined towards setbacks and communicate effectively with their peers and adults in order to work towards a common goal. St George's course entry requirements: In addition to the St George's entry requirements level 6 in GCSE PE (if studied but not required) and English and Science due to the nature of the course content.
QUALIFICATION <i>Exam Board, aims and objectives.</i>	A Level OCR OCR's A Level in Physical Education will equip learners with both a depth and breadth of knowledge, understanding and skills relating to scientific, socio-cultural and practical aspects of physical education.
ASSESSMENT <i>Internal monitoring and final assessment.</i>	Internal Assessment: Topic tests are completed and marked throughout the course Verbal feedback given during lessons Exam board questions are marked and students are given feedback throughout the course Students will complete a mock exam in year 12 and 13. Final assessment: Three final written exams: Paper 1 H555/01 Physiological factors affecting performance Paper 2 H555/02 Psychological factors affecting performance Paper 3 H555/03 Socio-cultural issues in physical activity and sport H555/05 Practical Performances (internally assessed and externally moderated) An assessment of practical performance in their chosen sport H555/06 Evaluating and Analysing Performance for Improvement (internally assessed and externally moderated) Observation of a sporting performance and a verbal presentation of their analysis
ENRICHMENT <i>Trips & Visits, wider reading, etc.</i>	Visits and Events: Extra curricular competition and practices Wider reading: Bounce - Matthew Syed High Performance Lessons from the Best on Becoming Your Best - Jake Humphrey, Prof Damian Hughes

NEXT STEPS <i>Where this subject can take you.</i>	Related University Courses: Sport and Exercise Science, Sports Science, Sports Journalism, Leisure and Sports Studies, Sports Marketing, Physiotherapy, Sports Therapy, Sports Coaching, Strength and Conditioning, Physical Education. Career Paths: Physiotherapy, Sports Psychologist, Strength and Conditioning, Sports Journalism, Personal Training, Sports Coaching, Sport Therapy, Broadcasting, Nutrition, Teaching, Elite Athlete, Disabled Sports Management, Events management, Leisure management, Sports marketing
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	Year 12
Autumn Term	Topics: Paper 1 H555/01 Physiological factors affecting performance Book 1 1.1 Skeletal and Muscular Systems 3.1 Biomechanical principles: newton's laws of motion, force and technology 1.2 Cardio Vascular and Respiratory systems Paper 2 H555/02 Psychological factors affecting performance Book 1 4.1 Classification of skills 4.2 Types and methods of practice 4.3 Transfer of skills Paper 3 H555/03 Socio -cultural issues in physical activity and sport Book 1 6.1 Emergence and evolution of modern sport NEA H555/05 Practical Performances Identify and begin to focus on development of core and advanced skills in their chosen sport Skills: Ability to interpret key theories and apply those to practical sporting examples. Analyse and interpret data and graphs relating to changes within musculo -skeletal, cardiorespiratory and neuro -muscular systems during different types of physical activity an d sport. Develop knowledge and use of definitions, equations, formulae and units of measurement ability to plot, label and interpret graphs and diagrams. Contextualise important historical events and be able to identify the development of sport throughout history. Practically demonstrate methods of practice and communicate coaching/teaching methods to their peers. Assessment: Exam questions are used at the end of each topic to assess student knowledge and progress.
Spring Term	Topics: Paper 1 H555/01 Physiological factors affecting performance Book 1 2.2 Preparation and Training Methods 2.1 Diet, Nutrition and effects on physical activity and performance Paper 2 H555/02 Psychological factors affecting performance Book 1 4.4 Learning Theories 4.5 Stages of Learning, guidance and feedback Paper 3 H555/03 Socio -cultural issues in physical activity and sport Book 1 6.2 Global Sporting Events NEA H555/05 Practical Performances Development of core and advanced skills in their chosen sport Skills: Students will build on skills from the previous term and develop an understanding of quantitative methods for planning, monitoring and evaluating physical training and performance. Interpretation of graphical

	representations associated with sport psychology theories. Assessment: Exam questions are used at the end of each topic to assess student knowledge and progress.
Summer Term	Topics: Paper 1 H555/01 Physiological factors affecting performance Book 1 3.2 Biomechanical principles: Stability and lever systems Book 2 1.1 Energy for exercise Paper 2 H555/02 Psychological factors affecting performance Book 1 5.1 Individual differences 5.2 Group and team dynamics and goal setting in sport Paper 3 H555/03 Socio -cultural issues in physical activity and sport Book 1 6.3 Routes to sporting excellence NEA H555/05 Practical Performances Continued development of core and advanced skills in their chosen sport Skills: Students will continue to develop skills from the previous two terms as well as focusing on exam technique for the upcoming mock exams Assessment: Exam questions are used at the end of each topic to assess student knowledge and progress. Year 12 Mock exams

Year 13	
Autumn Term	Topics: Paper 1 H555/01 Physiological factors affecting performance Book 2 1.1 Energy for exercise 1.2 Recovery, altitude and heat 3.1 Linear motion Paper 2 H555/02 Psychological factors affecting performance Book 2 4.1 Memory models 5.1 Attribution Theory 5.2 Confidence and self-efficacy in sports performance Paper 3 H555/03 Socio -cultural issues in physical activity and sport Book 2 6.2 Commercialisation and media H555/05 Practical Performances Completion of their practical footage ready for submission at the end of the term NEA H555/06 Evaluating and Analysing Performance for Improvement Students will prepare for their EAPI assessment Skills: Develop understanding of the use of energy systems during different types of physical activity and sport and the recovery process. Development of NEA skills and knowledge. Written responses to longer exam questions requiring students to think critically, compare and contrast across synoptic questions. Assessment: NEA EAPI assessment Submission of practical NEA footage for internal assessment

Spring Term	Topics: Paper 1 H555/01 Physiological factors affecting performance Book 2 3.2 Angular motion 3.3 Fluid mechanics 2.1 Injury prevention and rehabilitation Paper 2 H555/02 Psychological factors affecting performance Book 2 5.3 Leadership in sport 5.4 Stress management to optimise performance Paper 3 H555/03 Socio -cultural issues in physical activity and sport Book 2 6.1 Ethics and Deviance in Sport 6.4 Modern technology in sport H555/05 Practical Performances Development of core and advanced skills in preparation for moderation NEA H555/06 Evaluating and Analysing Performance for Improvement Completion of all EAPI assessments Skills: Development of NEA skills and knowledge. Written responses to longer exam questions requiring students to think critically, compare and contrast across synoptic questions. Assessment: H555/05 Practical Performances External Practical moderation
Summer Term	Topics: Paper 1 H555/01 Physiological factors affecting performance Revision and exam practice Paper 2 H555/02 Psychological factors affecting performance Revision and exam practice Paper 3 H555/03 Socio -cultural issues in physical activity and sport Revision and exam practice Skills: Consolidation and knowledge retrieval from previous topics. Written responses to longer exam questions requiring students to think critically, compare and contrast across synoptic questions. Assessment: Written Paper 1 H555/01 Physiological factors affecting performance 2 hours 90 marks Written Paper 2 H555/02 Psychological factors affecting performance 1 hour 60 marks Written Paper 3 H555/03 Socio-cultural issues in physical activity and sport 1 hour 60 marks