Roundwood Park School

KS5 PHYSICAL EDUCATION (OCR)

The aims and objectives of A-level Physical Education are to enable students to:

- Plan, organise and reflect, so that their performance is continually progressing.
- Have high expectations and personal standards.
- Have high levels of determination and perseverance through challenge.
- Work collaboratively and communicate effectively.
- Develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance
- Understand how physiological and psychological states affect performance
- Understand the key socio-cultural factors that influence people's involvement in physical activity and sport
- Understand the role of technology in physical activity and sport
- Refine their ability to perform effectively in physical activity and sport by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas
- Develop their ability to analyse and evaluate to improve performance
- Understand the contribution which physical activity makes to health and fitness
- Improve as effective and independent learners and as critical and reflective thinkers with curious and enquiring minds.

Assessment objectives:

Assessment Objectives				
A01	Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.			
AO2	Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.			
AO3	Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.			
A04	 Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance. 			





Year /	Physiological factors affecting	Psychological factors affecting	Sport and Society	Assessment
term	performance	performance		
Year 12 Autumn Term	Skeletal system Bones Joints Movement Movement Movement at joints Movement planes and axes Muscular system Muscle roles Muscle identification at joints Contractions Motor units and muscle firing Muscle fibre types Cardiovascular system Heart structure Heart conduction Cardiac cycle Cardiac equation and definitions Cardiac responses to exercise Regulation of cardiac response to exercise Venous return and blood pooling Re-distribution of blood Vasomotor control centre	 (Skill Acquisition) Classification of skills (continuums) Types and methods of practice (part, whole, W-P-W, P-P, fixed, varied, distributed, massed) Types of transfer (Positive, negative, bilateral, proactive, retroactive) Theories of learning (Observational, operant conditioning, cognitive) Stages of learning (cognitive, associative, autonomous) Guidance (verbal, visual, mechanical, manual) Feedback (intrinsic, extrinsic, KOR, KOP, positive, negative) 	 How social and cultural factors shaped sports and pastimes in pre and post industrial Britain. Social class Social class (amateurism v professionalism) Post only Gender Law and order Education and literacy Availability of time and money The type and availability of transport Influence of public schools (post only) Drugs and doping in sport Blood doping Examples of performance enhancing drugs Legal supplements versus illegal drugs and doping in sport Consequences and implications of drugs and doping in sport Strategies to stop the use of illegal drugs and doping in sport Match fixing, bribery and illegal sports betting 	 Bridging work extended response designed to teach students how to link information together Pop tests on key AO1 content Folder check Work scrutiny Home learning tasks Exam questions in class Test in mid-October ahead on progress report A after half term (AO1, 2 and 3)
Super Curricular	 Watch "Anatomy for beginners" DVD/Youtube 	 Articles based of effects of guidance/feedback 	 Watch ICARUS Watch a Lance Armstrong interview following his doping scandal 	

Year /	Physiological factors affecting	Psychological factors affecting	Sport and Society	Assessment
term	performance	performance		
Year 12 Spring Term	 Respiratory system Respiratory structures Mechanics of breathing Mechanics of breathing during exercise Respiratory volumes Respiratory control centre Oxygen and other gas transport Gaseous exchange Oxyhaemoglobin dissociation curve Impact of training on lifestyle diseases Cardiovascular system lifestyle diseases Respiratory system lifestyle diseases 	 (Sport Psychology) Personality (Theories of personality – trait, social learning and interactionist) Attitudes (Factors affecting attitudes, components of attitude, changing attitudes) Motivation (Intrinsic, extrinsic) Arousal (Drive, inverted U, catastrophe theory) Anxiety (State & trait – somatic & cognitive – IZOF) Aggression (Instinct, social, F-A hypothesis, A-Cue hypothesis) Social Facilitation (Social inhibition, evaluative apprehension) 	 Violence in Sport Causes of violence in sport Implications of violence in sport Strategies to prevent violence Modern technology in sport Modern technology for elite level sport and for general participation in sport Modern technology and its impact on fair outcomes in sport Modern technology and its impact on entertainment in sport 	 Pop tests on key AO1 content Folder check Work scrutiny Home learning tasks Exam questions in class Test on all content to date in early January
Super Curricular	• Find research papers linked to lifestyle diseases. Many articles investigate links between lifestyle factors and mortality rates. Consider the part sport/exercise plays in healthy lifestyle maintenance.	 Take a personality test Watch a live sporting performance of a beginner and expert and discuss the effects of the audience on their performance. Read the 'champions mind' linked to how athletes think 	 Find an article to discuss the impact of technology in sport 	

Year /	Physiological factors affecting	Psychological factors affecting	Sport and Society	Assessment
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Year 12 Summer Term	 Biomechanics Newtons laws of motion Force and free body diagrams Biomechanical calculations Centre of mass and stability Levers Linear motion Angular motion Linear and angular motion graphs Fluid mechanics Analysing movement with technology Projectile motion Lift and the Bernouli principle Spin and the magnus effect Injury prevention Responding/treating injuries Injury rehabilitation. 	 Group and team dynamics in sport (formation of a group, stieners group effectiveness, ringlemman effect, social loafing) Goal setting (SMART) EAPI TALK PREP 	 Global sporting events The modern Olympic games Political exploitation of the Olympic games Hosting global sporting events 	 Pop tests on key AO1 content Folder check Work scrutiny Home learning tasks Exam questions in class Exam on all content to date in late April/early May.
Super Curricular	Research Biomechanical influences on different sports, especially formula 1, cycling and swimming.	 Watch 'remember the titans' (group dynamics) 	 Watch the film 'Munich' or 'Race' (Political exploitation) 	

Year /	Physiological factors affecting	Psychological factors affecting	Sport and Society	Assessment
Year 13 Autumn Term	 Energy for exercise Energy PC system Glycolytic system Aerobic system Energy continuum Recovery (lactacid and Alactacid) Environmental effects Altitude Heat Planning training Principles of training Periodisation of training Diet and nutrition Healthy balanced diet BMR and METS Ergogenic aids Nutritional and training aids Pharmaceutical and physiological aids. 	 (Skill Acquisition) Memory models (atkinosn & shiffren multi store, craik & lockhart level of processing) (Sport Psychology) Confidence and self- efficacy (Banduras self efficacy, vealeys sports confidence) EAPI preparation (coursework) Attribution (Weiners model of attribution, learned helplessness, mastery orientation) Leadership in sport (Autocratic, democratic, laissez-faire, theories of leadership- chelladurai's multi dimensional model) 	 How social factors have shaped sport in the 20th century Class, gender and law and order The changing nature of the social classes in 20th century Britain. Education Availability of time, money and space for sport Transport How contemporary factors are shaping sport in the 21st century. Class Gender Law and order Education Availability of time, money and transport Globalisation of sport Freedom of movement and greater exposure of people to sport Media coverage 	 Pop tests on key AO1 content Folder check Work scrutiny Home learning tasks Exam questions in class Test of all content to date in mid September ahead of progress report A. Mock exam in December ahead of Progress report B in January. EAPI assessment in February
Super Curricular	 Watch "Matt does fitness" videos on youtube linked to diet, strength training. Watch "Niall Wilsons" youtube channel linked to performance and lifestyle overlaps 	 Assist in an extra-curricular sport at school to improve/adapt leadership styles. 	 Read 'Game, Set, Match' Billie Jean King and the Revolution in Women's Sports 	

Year /	Physiological factors affecting	Psychological factors affecting	Sport and Society	Assessment
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Year 13 Spring Term	 Ergogenic aids Nutritional and training aids Pharmaceutical and physiological aids. Components of fitness Aerobic capacity Factors affecting Aerobic capacity Training to develop Aerobic capacity Evaluating Aerobic capacity Adaptations leading to improved aerobic capacity Strength Factors affecting strength Training to develop strength Evaluating strength Adaptations leading to improved strength Flexibility Factors affecting flexibility Training to develop flexibility Evaluating flexibility Adaptations leading to improved flexibility Adaptations leading to improved flexibility 	 Stress management 	 Routes to sporting excellence in the UK World class programme Identifying sports talent World class podium and world class podium potential Case study of an athlete on the world class programme: Jonnie Peacock The role of UK Sport in developing elite sport Athlete performance award Case study: British skeleton athletes The role of the National Institutes of Sport in developing elite sport Strategies to address drop-out or failure rates from elite development programmes and at elite level. The roles of schools, clubs and universities in contributing to elite sporting success Commercialisation and media Factors leading to the commercialisation of contemporary physical activity and sport Positive and negative impacts of sports commercialisation Coverage of sport by the media today Positive and negative effects of media on sport Relationship between sport, sponsorship and the media 	

Super	Take part in fitness based	Visit an EIS/university sporting
Curricular	sessions linked to the key	centre of excellence
	components of fitness	Find an article to discuss the impact
	covered	of commercialisation of sport.
	 Watch "The academy" 	
	and "The season" on	
	youtube to gain insight	
	into elite coaching and	
	performance – even at a	
	young age.	