



WALTON HIGH SCHOOL – KS5 CURRICULUM OVERVIEW FOR A LEVEL PE

Year Group	HT1 (Sept-Oct)	HT2 (Nov-Dec)	HT3 (Jan-Feb)	HT4 (March-April)	HT5 (April-May)	HT6 (June-July)
12 3.1.1 Applied anatomy & physiology 3.2.1 Exercise physiology 3.1.2 Skill Acquisition 3.2.3 Sport Psychology 3.1.3 Sport and society 3.2.4 Sport and society and the role of technology in physical activity and sport	Main topics Cardiovascular system Skill and skill continuums and transfer of skills Impact of skill classification on structure of practice for learning Principles and theories of learning and performance Pre- industrial, industrial and post-industrial Post World War II	Main topics Respiratory system Neuromuscular system model system Use of guidance and feedback General information processing Sociological theory applied to equal opportunities Progress test	Main topics The musculo-skeletal system and Analysis of movement in physical Energy systems Efficiency of information processing model system Concepts of physical activity and sport Mock	Main Topics Energy Systems Aspects of personality Attitudes Arousal Development of elite performers in sports	Main Topics Diet and nutrition and their effect of physical activity and performance Preparation and training methods in relation to maintaining physical activity Anxiety Ethics in sport Violence in sport Aggression Progress test	Main Topics Injury prevention and rehabilitation of injury Motivation Achievement motivation theory Social facilitation Drugs in sport Mock test
	Additional Info Subject specific vocabulary (aqa.org.uk) AQA Command words Venous return mechanisms (Hodder Education: PE Review) 'Frank-Starlings Law Explained' (YouTube) 'Cardiovascular Drift' (YouTube) Begin collecting practical video evidence for one chosen sport	Additional Info AQA A-level Physical Education Assessment resources	Additional Info AQA A-level Physical Education Assessment resources	Additional Info 'ATP & Respiration Crash Course Biology' (YouTube) Lactate threshold (Runner's World)	Additional Info	Additional Info Complete mock NEA task in class with teacher. Begin NEA
13 3.2.2 Biomechanical Movement	Main topics Injury prevention and rehabilitation Biomechanical principles Levers Linear motion Group dynamics Importance of goal setting Importance of goal setting Sport and the law Impact of commercialisation on physical activity and sport/media The role of technology in physical activity and sport Mock test	Main topics Angular motion Projectile motion Fluid motion Attribution theory Self efficacy and self confidence Leadership	Main topics Year 1 & 2 recap/retrieval Exam pro questions Past papers Mock test	Main Topics Year 1 & 2 recap/retrieval Exam pro questions Past papers Mock test	<h2 style="margin: 0;">PUBLIC EXAMINATIONS</h2>	
	Additional Info AQA A-level Physical Education Assessment resources	Additional Info AQA A-level Physical Education Assessment resources	Additional Info AQA A-level Physical Education Assessment resources	Additional Info AQA A-level Physical Education Assessment resources		