

HIGHFIELDS SCHOOL

CURRICULUM OVERVIEW 2023-2024



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SUBJECT: A LEVEL PHYSICAL EDUCATION

EXAMINATION BOARD: EDEXCEL

AUTUMN TERM - YEAR 12	SPRING TERM - YEAR 12	SUMMER TERM - YEAR 12
<p>Component 1: Scientific principles of physical education - Topic 1, Applied Anatomy and Physiology</p> <ul style="list-style-type: none"> • Muscular skeletal system • Muscular skeletal system and biomechanics • The cardio-respiratory system • The cardiovascular system <p>Component 2: Psychological and social principles of Physical Education - Topic 3, Skill Acquisition</p> <ul style="list-style-type: none"> • Coach and performer • Classification and transfer of skills • Learning theories • Practice methods • Guidance and feedback <p>Component 1 – Topic 2, Exercise Physiology and Applied Movement Analysis</p> <ul style="list-style-type: none"> • Preparation and training methods • Principles and methods of training <p>Component 4 – Performance Analysis and Performance development programme</p> <ul style="list-style-type: none"> • Fitness testing • Data collection 	<p>Component 1 – Topic 1, Applied Anatomy and Physiology</p> <ul style="list-style-type: none"> • The neuromuscular system • Energy systems: fatigue and recovery <p>Component 2 – Topic 4, Sport Psychology</p> <ul style="list-style-type: none"> • Personality theories, attitudes, arousal and anxiety • Aggression vs assertion, motivation and social facilitation • Dynamics of groups and teams • Goal setting <p>Component 4 – Performance Analysis and Performance development programme</p> <ul style="list-style-type: none"> • Training methods • Individual Performance analysis of personal sporting performance • Individual Performance Development Programme 	<p>Component 1 – Topic 2, Exercise Physiology and Applied Movement Analysis</p> <ul style="list-style-type: none"> • Diet and nutrition • Injury prevention and the rehabilitation of Injury • Recap and revision of component 1 content <p>Component 2 – Topic 5, Sport and society</p> <ul style="list-style-type: none"> • Emergence and development of modern-day sport. Industrial revolution, equality, diversity, and migration. • Globalisation of sport. The modern Olympic and other games. • Participation and health of the nation: Understand the barriers to participation, the benefits of mass participation and participation trends <p>Component 4 – Performance Analysis and Performance development programme</p> <ul style="list-style-type: none"> • Individual Performance Development Programme • Review and evaluation of Personal development
<p>ASSESSMENT Internal assessment of above component content in line with EDEXCEL Examination material.</p> <p>Component 3 - Practical performance marks. (Students to be seeking opportunities to develop practical sports performance)</p>	<p>ASSESSMENT Internal assessment of above component content in line with EDEXCEL Examination material.</p> <p>Component 3 - Practical performance marks. (Students to be seeking opportunities to develop practical sports performance)</p>	<p>ASSESSMENT Internal assessment of Component content in line with EDEXCEL Examination material.</p> <p>Practical coursework marks.</p> <p>Component 4 Performance analysis and performance development programme – First submission, 15% of the qualification, 40 marks.</p>

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AUTUMN TERM - YEAR 13	SPRING TERM - YEAR 13	SUMMER TERM - YEAR 13
<p>Component 1 – Topic 2, Exercise Physiology and Applied Movement Analysis</p> <ul style="list-style-type: none"> Biomechanics topics: linear motion, angular motion, projectile motion, fluid mechanics <p>Component 2 – Topic 3 Skill Acquisition</p> <ul style="list-style-type: none"> Memory models <p>Component 2 – Topic 4 Sport Psychology</p> <ul style="list-style-type: none"> Factors that can influence an individual in physical activities and attribution theory Confidence and self-efficacy Leadership styles <p>Component 2 – Topic 5, Sport and society</p> <ul style="list-style-type: none"> Commercialisation of sport (Olympic Games and Franchises) <p>Component 4 – Performance Analysis and Performance development programme</p> <ul style="list-style-type: none"> Individual Performance Development Programme Review and evaluation of Personal development 	<p>Component 1 – Scientific principles of Physical education</p> <ul style="list-style-type: none"> Revision and examination technique <p>Component 2 – Topic 5, Sport and Society</p> <ul style="list-style-type: none"> Ethics and deviance in sport The relationship between sport and the media Development routes from talent identification through to elite performance <p>Component 3 – Practical performance Final assessments and preparation for moderation</p>	<p>Revision for upcoming exams</p> <p>Component 1 - Scientific Principles of Physical Education exam. 2 hours 30 minutes, 40% of the qualification, 140 marks. Includes:</p> <ul style="list-style-type: none"> Topic 1 – Applied anatomy and physiology Topic 2 – Exercise physiology and applied movement analysis Biomechanics is embedded within the content of topic 1 and 2 <p>Component 2 - Psychological and Social Principles of Physical Education exam. 2 hours, 30% of the qualification, 100 marks. Includes:</p> <ul style="list-style-type: none"> Topic 3 – Skill acquisition Topic 4 – Sport psychology Topic 5 – Sport and society
<p>ASSESSMENT Internal assessment of above component content in line with EDEXCEL Examination material. Component 3 - Practical performance marks. (Students to be seeking opportunities to develop practical sports performance) Component 4 Performance analysis and performance development programme – 15% of the qualification, 40 marks.</p>	<p>ASSESSMENT Component 3 Practical performance – grades confirmed. 15% of the qualification, 40 marks. Component 4 Performance analysis and Performance development programme – Final submission, 15% of the qualification, 40 marks.</p>	<p>ASSESSMENT External assessments: Component 1 – Scientific Principles of Physical Education exam. Component 2 – Psychological and Social Principles of Physical Education exam</p>