



Queen Elizabeth's Girls' School

Educating Women of the Future

PE Key Stage 5 Curriculum

AQA - <https://www.aqa.org.uk/subjects/physical-education/a-level/physical-education-7582/specification-at-a-glance>

	Topic/Big Question	Focus	Enrichment
Year 12	Anatomy How changes in physiological states can influence performance in physical activities and sport?.	• Cardiovascular system • Respiratory system • Neuromuscular system • The musculo-skeletal system and analysis of movement in physical activities • Energy systems	• Extra curricular • BBC sports academy • www.teamgb.co • www.olympic.org • www.bbc.co.uk/sport • www.gosh.nhs.uk/teenagers/staying-healthy/healthy-eating • www.bbc.co.uk/sport/get-inspired
	Skill acquisition How can you optimise the learning of new, and the development of existing, skills?	• Skill, skill continuums and transfer of skills • Impact of skill classification on structure of practice for learning • Principles and theories of learning and performance • Use of guidance and feedback • Memory models (Baddeley and Hitch, working memory model memory system.) • Efficiency of information processing	
	Sport and society How can sociological issues influence and affect physical activity and sport for both the audience and the performer and society as a whole?	• Pre industrial Britain (pre-1780) • Industrial and post-industrial (1780-1900) • Post World War II (1950- present) • Sociological theory applied to equal opportunities (Social action theory, underrepresented groups, the interrelationship between Sport England, local and national partners)	
	Practical component	• Practical performance: Students will be assessed	Out of school clubs

		for all of the activities in the following skills: • Area of assessment 1: Technical quality – aspect 1 (15 marks). • Area of assessment 2: Technical quality – aspect 2 (15 marks). • Area of assessment 3: Application of strategic/tactical awareness (15 marks). Students will be assessed against the relevant levels of response grids, as either player/performer or coach, for each area of assessment.	
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	Topic/Big Question	Focus	Enrichment
Year 13	Exercise Physiology What key factors can affect the body's ability to perform during physical activity and sport? How does training impact on preventing lifestyle related diseases? How can biomechanical principles be used to improve performance and the prevention and treatment of injury by optimising technique, training and equipment in physical activity and sport?	• Diet and nutrition • Preparation and training methods in relation to maintaining physical activity and performance • Injury prevention • Rehabilitation of injury • Biomechanical principles • Levers • Linear motion • Angular motion • Fluid mechanics • Projectile motion	• Extra curricular • BBC sports academy • www.teamgb.co • www.olympic.org • www.bbc.co.uk/sport • www.gosh.nhs.uk/teenagers/staying-healthy/healthy-eating • www.bbc.co.uk/sport/get-inspired
	Sports Psychology Is personality, leadership,	• Personality • Attitudes • Motivation	

	aggression and performance innate characteristics we are born with or do we develop them through the environment we learn and grow in?	• Achievement motivation theory • Arousal • Anxiety • Aggression • Social facilitation • Group dynamics • Goal setting • Attribution theory • Confidence and self efficacy • Leadership • Stress management	
	Sport and society and the role of technology in physical activity and sport How can ethics involved in sport and deviance affect sport and sporting behaviour? How does technology and commercialisation impact sport?	• Concepts of physical activity and sport • Development of elite performers in sport • Ethics in sport • Drugs in sport • Violence in sport • Sport and the law • Commercialisation and the media • The role of technology in physical activity	
	Practical component	• Practical performance • NEA coursework - analysis of performance (causes and corrections from areas of assessment of the chosen sport)	Outside of school clubs