

SUBJECT: *Physical Education***Key Stage 4: Curriculum Intent (BRIEF):**

	Year 10: <i>Cambridge Nationals Sports Studies</i>	Year 11: <i>Cambridge Nationals Sports Studies</i>	Year 10: <i>GCSE PE</i>	Year 11: <i>GCSE PE</i>
Autumn 1	<p>R185 – Performance and Leadership in Sports Activities</p> <p>Topic Area 1 – Key Components of performance.</p> <p>1.1 – Performance in two selected activities 1.2 – Participating in your activities 1.3 – Decision-making during performance 1.4 – Managing and maintaining performance in individual activity 1.5 – Your role and contribution to team activities.</p> <p>Topic Area 2 – Applying practice methods to support improvement in a sporting activity.</p> <p>2.1 – Strengths and weaknesses of sports performance. 2.2 - Methods to improve performance.</p>	<p>R186 – Sport and the Media</p> <p>Topic Area 2 – Positive effects of the media</p> <p>2.1 – The positive relationship between the media and sport 2.2 – Positive impacts of the media in sport</p>	<p>Physical training – Paper 1: The human body and movement in physical activity and sport.</p> <p>Brief explanation of content covered.</p> <ul style="list-style-type: none"> • Health and fitness recap, including the relationship between health and fitness. • The components of fitness. • Linking sports and activities to the required components of fitness. • Reasons for and limitations of fitness testing. • Measuring the components of fitness and demonstrating how data is collected. • The principles of training and overload. • Types of training with reference to the advantages and disadvantages of using these types for different sports. • Calculating intensities. 	<p>Paper 2: Socio-cultural influences and well-being in physical activity and sport.</p> <ul style="list-style-type: none"> • Engagement patterns and the factors affecting them • Commercialisation, sponsorship and the media. • Positive and negative impacts of technology/ • Conduct of performers and introduction to drugs. • Sporting examples of drug taking. • Advantages and disadvantages of drug taking. • Spectator behaviour and hooliganism, including strategies to combat hooliganism.

Curriculum Intent

	2.3 – Measuring improvement in performance.		<ul style="list-style-type: none"> • Considerations to prevent injury. • High altitude training and seasonal aspects. • Warming up and cooling down. 	
Autumn 2	<p>R185 – Performance and Leadership in Sports Activities</p> <p>Topic Area 2 – Applying practice methods to support improvement in a sporting activity.</p> <p>2.1 – Strengths and weaknesses of sports performance. 2.2 - Methods to improve performance. 2.3 – Measuring improvement in performance.</p> <p>Topic Area 3 – Organising and planning a sports activity session.</p> <p>3.1 – Organisation of a sports activity session. 3.2 – Safety considerations when planning a sports activity session. 3.3 – Objectives to meet the needs of the group.</p> <p>Topic Area 4 - Leading a sports activity session.</p>	<p>R186 – Sport and the Media</p> <p>Topic Area 3 – Negative effects of the media</p> <p>3.1 – The negative effects of the media on sport in relation to spectators and live sport 3.2 – Negative impacts of the media on sports and sports performers</p>	<p>Physical training – Paper 1: The human body and movement in physical activity and sport.</p> <p>Brief explanation of content covered.</p> <ul style="list-style-type: none"> • Health and fitness recap, including the relationship between health and fitness. • The components of fitness. • Linking sports and activities to the required components of fitness. • Reasons for and limitations of fitness testing. • Measuring the components of fitness and demonstrating how data is collected. • The principles of training and overload. • Types of training with reference to the advantages and disadvantages of using these types for different sports. • Calculating intensities. 	<p>Movement analysis – Paper 1: The human body and movement in physical activity and sport.</p> <p>Brief explanation of content covered.</p> <ul style="list-style-type: none"> • Lever systems and mechanical advantages. • Analysis of basic movements in sporting examples – including revision of joints/muscles/bones. • Planes and axes.

Curriculum Intent

	<p>4.1 – Organisation of a sports activity session. 4.2 – Leading a sports activity session.</p>		<ul style="list-style-type: none"> • Considerations to prevent injury. • High altitude training and seasonal aspects. • Warming up and cooling down. 	
Spring 1	<p>R185 – Performance and Leadership in Sports Activities</p> <p>Topic Area 4 - Leading a sports activity session.</p> <p>4.1 – Organisation of a sports activity session. 4.2 – Leading a sports activity session.</p>	<p>R184 – Contemporary Issues in Sport</p> <p>Topic Area 1 – Issues which affect participation in sport</p> <p>1.1 – User groups 1.2 – Possible barriers 1.3 – Possible barrier solutions 1.4 – Factors which can positively and negatively impact upon the popularity of sport in the UK 1.6 - Emerging/new sports in the UK</p> <p>Topic Area 2 – The role of sport in promoting values</p> <p>2.1 – Values in sport 2.2 – The Olympic and Paralympic movement 2.3 – Sporting values initiative and campaigns 2.4 – The importance of etiquette and sporting behaviour 2.5 – Use of PEDs in sport</p>	<p>Coursework - Analysis and evaluation of performance to bring about improvement in one activity.</p> <p>Students assessed on their analysis (15 marks) and evaluation (10 marks) of performance to bring about improvement in one activity.</p> <p>Analysis – strengths and weaknesses (15 marks)</p> <ul style="list-style-type: none"> • Strength 1 = fitness component • Strength 2 = skill/technique • Weakness 1 = fitness component • Weakness 2 = skill/technique 	<p>Practical performance in physical activity and sport.</p> <p>Brief explanation of content covered.</p> <p>Preparation and analysis will take place prior to an external moderator visiting from AQA.</p> <ul style="list-style-type: none"> • Practical performance in 3 different physical activities in the role of player/performer • 1 team activity • 1 individual activity • 1 in either a team or in an individual activity.

Curriculum Intent

<p>Spring 2</p>	<p>R185 – Performance and Leadership in Sports Activities</p> <p>Topic Area 5 – Reviewing your own performance in planning and leading a sports activity session.</p> <p>5.1 -Review your leadership of a sports activity session.</p>	<p>R184 – Contemporary Issues in Sport</p> <p>Topic Area 3 – The implications of hosting a major sporting event for a city or country</p> <p>3.1 – The features of a major sporting event 3.2 – Positive and negative pre-event aspects of hosting a major sporting event 3.3 – Positive and negative aspects of hosting a major sporting event</p> <p>Topic Area 4 – National Governing Bodies</p> <p>4.1 – What NGBs do for their sport</p> <p>Topic Area 5 – The use of technology in sport</p> <p>5.1 – The role of technology in sport 5.2 – Positive and negative effects of the use of technology in sport</p>	<p>Coursework - Analysis and evaluation of performance to bring about improvement in one activity.</p> <p>Evaluation – the use of theoretical principles to cause improvement (10 marks)</p> <ul style="list-style-type: none"> • Action plan • Explanation of how additional specification content could lead to improvement of the identified weakness. 	<p>Recap of content for paper 1:</p> <ul style="list-style-type: none"> • Applied anatomy and physiology. • Movement analysis. • Physical training. <p>Recap of content for paper 2:</p> <ul style="list-style-type: none"> • Health, fitness and well-being. • Sports psychology. • Socio-cultural influences.
<p>Summer 1</p>	<p>R185 – Performance and Leadership in Sports Activities</p> <p>Improvements</p>	<p>R184 – Contemporary Issues in Sport</p> <p>Exam techniques, revision and final preparations.</p>	<p>Sports Psychology – Paper 2: Socio-cultural influences and well-being in physical activity and sport.</p> <p>Brief explanation of content covered.</p>	<p>Exam techniques, coursework completion, practical grade decisions and final preparations.</p>

Curriculum Intent

			<ul style="list-style-type: none"> • Arousal and the inverted U theory. • Application of how optimal arousal has to vary in relation to the skill/stress management techniques. • Definition of and types of goals. • The use of and evaluation of setting performance and outcome goals. • The use of SMART targets to improve/optimize performance. • Basic information processing model. • Identifying examples of, and evaluate, the effectiveness of types of guidance and feedback. 	
Summer 2	<p>R186 – Sport and the Media</p> <p>Topic Area 1 – Different sources of the media</p> <p>1.1 – Distinguish between different media sources and how they cover sport.</p>	<p>R184 – Contemporary Issues in Sport</p> <p>Exam techniques, revision and final preparations.</p>	<p>Sports Psychology – Paper 2: Socio-cultural influences and well-being in physical activity and sport.</p> <p>Brief explanation of content covered.</p> <ul style="list-style-type: none"> • Arousal and the inverted U theory. • Application of how optimal arousal has to vary in 	<p>Exam techniques, coursework completion, practical grade decisions and final preparations.</p>

Curriculum Intent

			<p>relation to the skill/stress management techniques.</p> <ul style="list-style-type: none"> • Definition of and types of goals. • The use of and evaluation of setting performance and outcome goals. • The use of SMART targets to improve/optimize performance. • Basic information processing model. • Identifying examples of, and evaluate, the effectiveness of types of guidance and feedback. 	
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Key Stage 5: Curriculum Intent (BRIEF):

	Year 12: <i>Cambridge Technical Sports Studies</i>	Year 12: A Level Physical Education	Year 13: <i>Cambridge Technical Sports Studies</i>	Year 13: A Level Physical Education
Autumn 1	<p>Unit 2 – Sports Coaching and Activity Leadership</p> <ul style="list-style-type: none"> • The roles and responsibilities of sports coaches/activity leaders • The principles which underpin coaching/leading • Methods to improve skills, techniques and tactics • Plan sports activity sessions 	<p>Unit 1 – Applied Anatomy and Physiology</p> <p>Cardiovascular System:</p> <ul style="list-style-type: none"> • The heart, structure of the heart, cardiac conduction system. • The impact of physical activity on stroke volume, heart rate and cardiac output. 	<p>Unit 3 – Sports Organisation and Development</p> <ul style="list-style-type: none"> • Understand how sport in the UK is organised. • Understand sports development • Understand how the impact of sports development can be measured • Understand sports development in practice 	<p>Unit 5 -Biomechanical movement (continued)</p> <p>Biomechanical principles and levers:</p> <ul style="list-style-type: none"> • Newton’s laws of linear motion • Measurements used in linear motion • Centre of mass • Levers

Curriculum Intent

	<ul style="list-style-type: none"> • Prepare sports and activity environments • Delivery sports activity sessions • Review sports activity sessions 	<ul style="list-style-type: none"> • The impact of physical activity and sport on the health of the individual. • Cardiovascular drift, the vascular system, blood pressure, venous return. • The transportation of oxygen, redistribution of blood. <p>Respiratory System:</p> <ul style="list-style-type: none"> • Structure of the lungs, mechanics of breathing, lung volumes, spirometer trace. • Gaseous exchange • Regulation of pulmonary ventilation during exercise. • Impact of poor lifestyle choices on the respiratory system. <p>Neuromuscular system:</p> <ul style="list-style-type: none"> • The automatic nervous system and neuromuscular system • Types of muscle fibre • The motor unit • PNF (Proprioceptive Neuromuscular Facilitation) 	<ul style="list-style-type: none"> • Organisations involved in sport in the UK • Roles and responsibilities of sports organisations in the UK • International organisations which impact UK sport • How the different organisations interact • What sports development is • 2.2 The purpose of sports development • The sports development continuum levels • Target groups • Possible measures • Purpose of measurement • Methods of delivering sports development • Characteristics of sports development initiatives and events • Advantages and disadvantages of sports development • Benefits of sports development <p>Unit 18 – Practical Skills in Sport and Physical Activity</p>	<p>Linear Motion:</p> <ul style="list-style-type: none"> • Vectors and scalars • Forces acting upon a performer during linear motion • The relationship between impulse and increasing and decreasing momentum in sprinting <p>Angular Motion:</p> <ul style="list-style-type: none"> • Angular motion • Moment of inertia • Angular momentum <p>Projectile motion:</p> <ul style="list-style-type: none"> • Projectile motion <p>Fluid mechanics:</p> <ul style="list-style-type: none"> • Fluid mechanics • The Bernoulli principle <p>Unit 6 – Sport Psychology Psychological influences on the individual:</p> <ul style="list-style-type: none"> • Personality • Attitudes • Arousal in sport
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Curriculum Intent

		<p>Musculoskeletal system:</p> <ul style="list-style-type: none"> • Types of joints • Planes and axes • Agonists and Antagonists • Muscular contractions 	<ul style="list-style-type: none"> • Be able to apply skills, techniques and tactics in an individual sport. • Be able to apply skills, techniques and tactics in a team sport. 	<ul style="list-style-type: none"> • Anxiety in sport • Aggression in sport • Motivation <p>Psychological factors that can influence an individual in physical activities:</p> <ul style="list-style-type: none"> • Achievement motivation • Confidence in sport
Autumn 2	<p>Unit 2 – Sports Coaching and Activity Leadership</p> <ul style="list-style-type: none"> • Continued 	<p>Unit 1 – Applied Anatomy and Physiology</p> <p>Energy Systems:</p> <ul style="list-style-type: none"> • Aerobic system • The ATP-PC system • Anaerobic glycolytic system • Energy continuum • Energy loss during long duration/ lower intensity exercise • Oxygen consumption during recovery • Energy transfer during short duration/ high intensity exercise • Factors affecting VO2 Max • Measurements of energy expenditure • Impact of specialist training methods on energy systems 	<p>Unit 3 – Sports Organisation and Development</p> <ul style="list-style-type: none"> • Continued <p>Unit 18 – Practical Skills in Sport and Physical Activity</p> <ul style="list-style-type: none"> • Continued 	<p>Unit 6 – Sport Psychology continued.</p> <p>Psychological influences on the team:</p> <ul style="list-style-type: none"> • Social facilitation and inhibition • Group dynamics • Cohesion in sport • Goal setting • Leadership • Stress management • Attribution theory <p>Unit 7 – Sport and society and the role of technology in physical activity and sport</p> <p>Concepts of physical activity and sport:</p> <ul style="list-style-type: none"> • Concepts of sport • Characteristics and functions of sport

Curriculum Intent

		<p>Unit 2 – Skill Acquisition Skill Characteristics and their impact on transfer and practice:</p> <ul style="list-style-type: none"> • Characteristics of a skill, skill continuum. • Transfer of learning • Methods of presenting practice • Types of practice • Stages of learning <p>Principles and theories of learning and performance:</p> <ul style="list-style-type: none"> • Stages of learning • Learning plateaus • Types of feedback • Methods of Guidance • Theories of learning – Operant conditioning, Observational learning, Social development theory and Insight learning. <p>Information Processing:</p> <ul style="list-style-type: none"> • Information processing and memory • Whiting’s information processing model 		<ul style="list-style-type: none"> • Characteristics and aims of Physical education <p>Development of elite performers in sport:</p> <ul style="list-style-type: none"> • Personal factors, social and cultural factors • Organisations providing support and progression • Talent development and support services <p>Ethics in sport:</p> <ul style="list-style-type: none"> • Amateurism, Sportsmanship and gamesmanship • Positive and negative forms of deviance in relation to the sports performer
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Curriculum Intent

		<ul style="list-style-type: none"> • Memory system – working memory, long term memory, storing information • Schema theory • Response time 		
Spring 1	<p>Unit 1 – Body Systems and the Effects of Physical Activity</p> <ul style="list-style-type: none"> • Skeletal system • Muscular system • Cardiovascular system • Respiratory system • Energy systems 	<p>Unit 3 – Sport and Society Emergence of the globalisation of sport in the twenty-first century:</p> <ul style="list-style-type: none"> • Pre-industrial Britain, popular recreation • Industrial and post-industrial development of sport, rational recreation • Social and cultural influences on the development of rational recreation. • Amateurism and Professionalism • The emergence of elite female footballers in modern day sport • The rationalisation and modern-day development of lawn tennis • The rationalisation and modern-day development of track and field athletics • The emergence of elite female athletes in modern-day sport 	<p>Unit 8 – Organisation of Sports Events</p> <ul style="list-style-type: none"> • The different types of sports events and their purpose • The different roles and responsibilities involved in the planning and delivery of sports events • Plan and promote a sports event • Participate in the delivery of a sports event • Review the planning and delivery of a sports event <p>Unit 18 – Practical Skills in Sport and Physical Activity</p> <ul style="list-style-type: none"> • Continued 	<p>Unit 7 –Sport and society and the role of technology in physical activity and sport Continued.</p> <p>Violence in sport:</p> <ul style="list-style-type: none"> • Causes and implications of violence in sport in relation to the performer • Strategies for preventing violence within sport in relation to the performer. • Causes and implications of violence in sport in relation to the spectator <p>Drugs in sport:</p>

Curriculum Intent

		<ul style="list-style-type: none">• Commercialisation		<ul style="list-style-type: none">• Illegal drugs and doping methods to aid performance• Positive and negative implications to the sport and the performer.• Arguments for and against drug taking and testing <p>Sport and the law:</p> <ul style="list-style-type: none">• Uses of sports legislation in relation to the performer, officials, coaches, and spectators. <p>Impact of commercialisation on physical activity and sport and the relationship between sport and the media:</p> <ul style="list-style-type: none">• The golden triangle• Ethics of sport sponsorship <p>Role of technology in sport and physical education:</p> <ul style="list-style-type: none">• Use of technology in data collection• Video and analysis programmes
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Curriculum Intent

				<ul style="list-style-type: none"> • Testing and recording equipment • Use of GPS and motion tracking software • Monitoring data integrity • The development of equipment and facilities in sport • Impact of technology on the performer, coach, official and audience
Spring 2	Unit 1 – Body Systems and the Effects of Physical Activity <ul style="list-style-type: none"> • Continued 	Unit 3 – Sport and Society The impact of sport on society and of society on sport: <ul style="list-style-type: none"> • Sociology of sport • Social action theory and its influence on physical activity and sport • Benefits of raising participation • Barriers to participation in sport and possible solutions • Sport England’s and local/national partners’ aim to increase participation of under-represented groups. 	Unit 8 - Organisation of Sports Events <ul style="list-style-type: none"> • Continued Unit 18 - Practical Skills in Sport and Physical Activity <ul style="list-style-type: none"> • Continued 	Unit 7 continuation. Exam techniques, revision, finalising NEA.
Summer 1	Unit 1 – Body Systems and the Effects of Physical Activity	Unit 4- Exercise Physiology	Unit 8 - Organisation of Sports Events	Exam techniques, revision, finalising NEA.

Curriculum Intent

	<ul style="list-style-type: none"> • Revisions and Exam Techniques 	<p>Diet and Nutrition and their effect on physical activity and performance:</p> <ul style="list-style-type: none"> • Balanced diet • Dietary supplements <p>Preparation and training methods in relation to maintaining physical activity and performance:</p> <ul style="list-style-type: none"> • Training planning • Principles of training • Training methods <p>Injury prevention and the rehabilitation of injury:</p> <ul style="list-style-type: none"> • Types of injury • Injury prevention methods • Recovery methods from exercise • Importance of sleep and nutrition for improved recovery 	<ul style="list-style-type: none"> • Continued <p>Unit 18 - Practical Skills in Sport and Physical Activity</p> <ul style="list-style-type: none"> • Continued 	
Summer 2	<p>Unit 1 – Body Systems and the Effects of Physical Activity</p> <ul style="list-style-type: none"> • Revisions and Exam Techniques <p>Start of Year 13 content after exam</p>	<p>Non-examined Assessment (NEA)</p> <p>Practical task:</p> <ul style="list-style-type: none"> • One role – performer or coach • Performance in a fully recognised version of the activity e.g. 11- a – side football match 	Students will be finished by May 2024	Students will be finished by May/June 2024

Curriculum Intent

		<ul style="list-style-type: none">• Worth 45/90 available.• Assessment area 1: attacking core skills (15 marks)• Assessment area 2: defending core skills (15 marks)• Assessment area 3: tactics and strategies (15 marks) <p>Analysis and Evaluation:</p> <ul style="list-style-type: none">• Analyse and evaluate your own performance or performance of another person.• Written task (45 marks)• Analysis 20/45 and evaluation 25/45.• Analysis: identify one weakness from each assessment area and discuss why it is a weakness, and how you will improve this.• Evaluation: use the weaknesses you have identified in your analysis but apply theoretical content to explain why weaknesses occurred and how you can improve them.		
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Curriculum Intent

		<p>Unit 5 -Biomechanical movement</p> <p>Biomechanical principles and levers:</p> <ul style="list-style-type: none">• Newton’s laws of linear motion• Measurements used in linear motion• Centre of mass• Levers <p>Linear Motion:</p> <ul style="list-style-type: none">• Vectors and scalars• Forces acting upon a performer during linear motion• The relationship between impulse and increasing and decreasing momentum in sprinting <p>Angular Motion:</p> <ul style="list-style-type: none">• Angular motion• Moment of inertia• Angular momentum <p>Projectile motion:</p> <ul style="list-style-type: none">• Projectile motion <p>Fluid mechanics:</p> <ul style="list-style-type: none">• Fluid mechanics• The Bernoulli principle		
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