



Year 13 A'Level PE Curriculum Map

Overview	<p>In Year 13 students will begin to look at psychological theories that suggest what leads us to perform at the optimal level; the recent technological developments within sport to support performers, officials and spectators; exercise physiology before finishing the course by completing the non-examined assessment from Year 12. Students will complete the Year 13 mock exam which will include the units studied so far and will assess the use of key terms, evaluative and analysis skills to come to an informed conclusion of the impact on the performer or sport.</p> <p>In the spring term students will finalise preparations for the final exam which will include continued use of revision and exam practice from past papers, use of The EverLearner which focuses on content and skills. By the end of Year 13 students should be aiming to master the key application, evaluative and analysis skills that they have developed since introduced in Key Stage 4.</p>					
Year 13	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Sport psychology	Sport and society and the role of technology in sport	Exercise physiology	Revision		
Knowledge	The role of sport psychology in optimising performance in physical activity and sport.	The interaction between, and the evolution of, sport and society and the technological developments in physical activity and sport.	The adaptations to the body systems through training or lifestyle, and how these changes affect the efficiency of those systems.	Revision of content, completion of past papers.		
Skills	Understand, analyse and interpret graphical sport psychology theories.	Describe, analyse, justify and evaluate the key terms and the impact it has on the sport and performance.	Outline, evaluate and demonstrate the ability to interpret biomechanical graphs and diagrams and the impact this has on sports performance.	Revision of all skills developed across the examined elements of the course.		

<p>Assessment</p>	<p>Formal end of topic test, 45 minutes, 35 marks. Topic area – sport psychology.</p>	<p>Formal end of topic test, 45 minutes, 35 marks. Topic area – sport and society and the role of technology in sport.</p>	<p>Formal end of topic test, 45 minutes, 35 marks. Topic area – exercise physiology.</p>	<p>External exams: Paper 1 – applied anatomy and physiology, sport and society and skill acquisition 105 marks, 2 hours, 35% of A-level. Paper 2 – exercise physiology and biomechanics, sports psychology and sport and society and technology in sport – 105 marks, 2 hours, 35% of A-level.</p>		
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