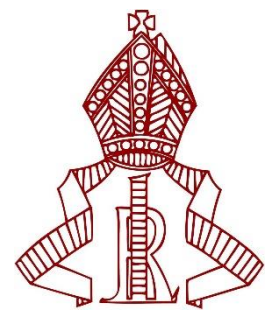


Physical Education Exams Learning Journey



"Always our best because everyone matters"



Sport and Society and the Role of Technology in Sport
Develop understanding of the interaction between, and the evolution of, sport and society and the technological developments in physical activity and sport.



Non Examined Assessment
Pupils will perform in their chosen sport, successfully implementing strategies and tactics. Then analyse and evaluate their performance in their chosen sport, applying relevant knowledge and understanding of theories, concepts

Exercise physiology
Demonstrate understanding of the adaptations to the body systems through training or lifestyle, and how these changes affect the efficiency of those systems.



Sports Psychology
Develop knowledge and understanding of the role of sport psychology in optimising performance in physical activity and sport.



YEAR 13

Y12 exams



Applied Anatomy and Physiology
Develop knowledge of the changes within the body systems prior to and during exercise of differing intensities and during recovery.

Sport and Society
Develop knowledge and understanding of the interaction between, and the evolution of sport and society.



Skill Acquisition
Understand the principles required to optimise learning of new, and the development of existing, skills in a range of physical activities.

YEAR 12

A-Level PE

GCSE PE exam

Unit exam

Topic area 5 – The use of technology in sport.



Topic area 4 – The role National Governing Bodies play in the development of sport.



Topic area 3 – The impact of hosting a mega sport event.

Topic area 2.5 – The use of performance enhancing drugs in sport.

Topic area 2 – The role of sport in promoting values.



Topic area 1 – Issues which affect participation within sport.

Non Examined Assessment
Analyse strengths and weaknesses of performance to bring about improvement.

Socio-Cultural Factors
Understanding of the socio-cultural factors that impact on physical activity and sport, and the impact of sport on society.

Mock exams

Physical Training
Understand the principles of training and different training methods in order to plan, carry out, monitor and evaluate personal exercise and training programmes.



Sport Psychology
Develop knowledge and understanding of the psychological factors that can affect performers in physical activity and sport.



YEAR 11

Movement Analysis
Develop knowledge and understanding of the basic principles of movement and their effect on performance in physical activity and sport.

Topic area 5 – Reviewing sports leadership session.

Unit R186 – Sport and the media

Topic area 1 – How the media covers sport.

Topic area 2 and 3 – Positive and negative impacts of the media on sport.



Topic area 4 – Leading a sports activity session.

Topic area 3 – Organising and planning a sports activity.

Topic area 2 – Evaluation of sport performance.

Topic area 1 – Performance in two sporting activities.

Unit R185 – Performance and leadership in sport

Mock exam



Applied Anatomy and Physiology
Develop knowledge and understanding of the key body systems and how they impact on health, fitness and performance in physical activity and sport.

Health, Fitness and Wellbeing
Develop knowledge of the benefits of participating in physical activity and sport to health, fitness and wellbeing.

Practical Performance in three sports in the role of a player/performer. One individual activity, one team activity and third either individual or team.

YEAR 10

Sport Studies
GCSE PE

