

Key Stage 5 Curriculum Map 2021-22 - Term 3

Subject: A Level Physical Education		Year: 2021-2022	
Focus/Topic – Applied Anatomy and Physiology	UAE Links	HPL Links	Home Learning / Guided Reading
Learning Objectives: <i>Students should develop knowledge and understanding of energy systems prior to exercise, during exercise of differing intensities and during recovery.</i>			
Energy Systems			
• Energy transfer in the body	•	VAA – Agile ACP - Linking	• A Level Live – Energy Systems • https://www.youtube.com/watch?v=_ezoHMFuCk
• Energy continuum of physical activity	•	VAA – Agile ACP - Linking	• https://www.youtube.com/watch?v=PIrhiSJcapc
• Energy transfer during short duration/high intensity exercise	•	VAA – Agile ACP - Linking	• https://www.youtube.com/watch?v=3RTEG-9PFd0
• Energy transfer during long duration/lower intensity exercise	•	VAA – Agile ACP - Linking	• https://www.youtube.com/watch?v=3RTEG-9PFd0
• Factors affecting VO ₂ max/aerobic power.	•	VAA – Hard working ACP – Analysing	• https://www.teachpe.com/anatomy-physiology/vo2-max • Book: The Oxygen Advantage → Patrick McKeown
• Measurements of energy expenditure	•	VAA – Hard working ACP – Analysing	• https://www.youtube.com/watch?v=7GBo_pdMJ44
• Impact of specialist training methods on energy systems	•	VAA – Hard working ACP – Analysing	• https://www.youtube.com/watch?v=JeZtGINViNw
Summer Holidays			

Subject: A Level Physical Education		Year: 2021-2022	
Focus/Topic – Skill Acquisition	UAE Links	HPL Links	Home Learning / Guided Reading
Learning Objectives: <i>In this section students will develop knowledge and understanding of the role of sport psychology in optimising performance in physical activity and sport. Students should be able to understand and interpret graphical representations associated with sport psychology theories.</i>			
Start Year 13 Content and Coursework			
<ul style="list-style-type: none"> Personality In sport 	<ul style="list-style-type: none"> 	VAA – Hardworking ACP – Creating	<ul style="list-style-type: none"> https://howtheyplay.com/misc/Personalitypsychology#:~:text=Trait%20Theory%3A%20introverts%20and%20extroverts.
<ul style="list-style-type: none"> Attitude in sport 	<ul style="list-style-type: none"> 	VAA – Hardworking ACP – Creating	<ul style="list-style-type: none"> https://www.youtube.com/watch?v=Sziyxn4pLw
<ul style="list-style-type: none"> Arousal in sport 			<ul style="list-style-type: none"> https://www.youtube.com/results?search_query=arousal+in+sport Ted Talk → Choking under pressure: https://www.youtube.com/watch?v=yG7v4y_xwzQ&list=PLTj_rJ2NemjZ8xX9o4gsK3-Ffx7-A Book → The Champion’s Mind: Jim Afremow
<ul style="list-style-type: none"> Anxiety in sport 	<ul style="list-style-type: none"> 	VAA – Hardworking ACP – Creating	<ul style="list-style-type: none"> https://www.teachpe.com/uncategorized/stress-anxiety Book → The Champion’s Mind: Jim Afremow
<ul style="list-style-type: none"> Aggression in sport 	<ul style="list-style-type: none"> 	VAA – Hardworking ACP – Creating	<ul style="list-style-type: none"> https://www.youtube.com/watch?v=DlrTha8cbAI&t=415s Book → The Champion’s Mind: Jim Afremow
<ul style="list-style-type: none"> Non-Examined Assessment (NEA) – Coursework Students are required to analyse and evaluate, using appropriate theoretical content from the specification, a performance as either player/performer or coach, in on activity from the specification. Students can analyse and evaluate their own performance or the performance of another, as it is an activity from the specification. 	<ul style="list-style-type: none"> 	VAA – Hardworking ACP – Creating/Analysing	<ul style="list-style-type: none"> Students will spend 1 lesson a week on coursework. The rest of their coursework is to be completed outside of lesson time as independent work. Teacher is to structure coursework to ensure that students are effectively analysing and evaluating their weaknesses with theoretical content. This is an ongoing piece of work due around March 2023.
Summer Holidays			

Subject: A Level Physical Education		Year: 2021-2022	
Focus/Topic – Sport and Society	UAE Lin	HPL Links	Home Learning / Guided Reading
Learning Objectives:			
<i>Students should develop knowledge and understanding of the interaction between, and the evolution of, sport and society.</i>			
<i>Students should be able to understand, interpret and analyse data and graphs relating to participation in physical activity and sport.</i>			
Post-World War II (1950 to present)			https://www.bbc.com/sport
<ul style="list-style-type: none"> Factors affecting the emergence of elite female performers in football (players and officials), tennis and athletics in late 20th and early 21st century. 	•	VAA – Empathetic ACP - Creating	<ul style="list-style-type: none"> Netflix – The English Game Podcast – ‘Alex Jackson and Early Football Fiction’ http://www.bbc.co.uk/history/british/victorians/sport_01.shtml
<ul style="list-style-type: none"> The interrelationship between commercialisation (including sponsorship), media (radio, TV, satellite, internet and social media) and sports and governing bodies. 	•	VAA – Empathetic ACP - Creating	<ul style="list-style-type: none"> ‘The Age of Football: The Global Game in the Twenty-first Century’ by David Goldblatt https://www.youtube.com/watch?v=MzmnTILcbyQ
<ul style="list-style-type: none"> The changing status of amateur and professional performers (limited to development of association football, tennis and athletics). 	•	VAA – Empathetic ACP - Creating	<ul style="list-style-type: none"> https://www.youtube.com/watch?v=PJ6qEoxeq-s&t=272s https://www.youtube.com/watch?v=LEGeBaNgQgs
<ul style="list-style-type: none"> Factors affecting the emergence of elite female performers in football (players and officials), tennis and athletics in late 20th and early 21st century. 	•	VAA – Empathetic ACP - Creating	<ul style="list-style-type: none"> https://www.youtube.com/watch?v=IOvNz-NHvH8 <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> https://www.hoddereducation.co.uk/media/Documents/Magazines/Sample%20Articles/September%202018/PERev14_1_Sep2018_sample.pdf </div> <ul style="list-style-type: none"> https://www.womeninsport.org/research-and-advice/podcast/
The impact of sport on society and of society on sport			
<ul style="list-style-type: none"> Understanding of the key terms relating to the study of sport and their impact on equal opportunities in sport and society. 	•	VAA – Agile ACP - Analysing	•
<ul style="list-style-type: none"> Understanding social action theory in relation to social issues in physical activity and sport. 	•	VAA – Agile ACP – Analysing	•
<ul style="list-style-type: none"> Underrepresented groups in sport - <i>Disability. Ethnic group. Gender. Disadvantaged.</i> 	•	VAA – Agile ACP – Analysing	<ul style="list-style-type: none"> https://www.activepartnerships.org/impact/targeting-underrepresented-groups https://www.sportengland.org/
<ul style="list-style-type: none"> Understanding the key terms relating to equal opportunities - <i>Discrimination, Stereotyping, Prejudice</i> 	•	VAA – Agile ACP – Analysing	<ul style="list-style-type: none"> https://www.activepartnerships.org/impact/targeting-underrepresented-groups https://www.sportengland.org/
<ul style="list-style-type: none"> The barriers to participation in sport and physical activity and possible solutions to overcome them for underrepresented groups in sport. 	•	VAA – Agile ACP – Analysing	<ul style="list-style-type: none"> Book: ‘Gender Inequality in Sports: From Title IX to World Titles → Kirstin Cronn-Mills
<ul style="list-style-type: none"> Benefits of raising participating – health, fitness and social benefits 	•	VAA – Agile ACP – Analysing	•
<ul style="list-style-type: none"> The interrelationship between Sport England, local and national partners to increase participation at grass roots level and under represented groups in sport. 	•	VAA – Agile ACP – Analysing	•
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