

PHYSICAL EDUCATION TERM BY TERM CURRICULUM

[Specification link - AQA 7582 Physical Education A level](#)



YEAR 12

TERM	Section A – Applied Anatomy and Physiology. Exercise Physiology and Biomechanics	Section B Paper 1: Factors affecting participation in physical activity and sport Section B: Skill acquisition Paper 2: Factors affecting optimal performance in physical activity and sport Section B: Sport psychology	Section C 3.1.3 Sport and society 3.2.4 Sport and society and the role of technology in physical activity and sport
1	3.1.1.2 Cardiovascular system. - The hormonal, neural and chemical regulation of responses during physical activity and sport. - Understanding of the impact of physical activity and sport on the health and fitness of the individual. - Venous return. Starling's law of the heart. - Transportation of oxygen. Arterio-venous oxygen difference (A-VO₂ diff).	Paper 1: Introduction to the course. 3.1.2.1 Skill, skill continuums and transfer of skills - Characteristics of skill. - Use of skill continua. - Justification of skill placement on each of the continua. - Transfer of learning. - Understanding of how transfer of learning impacts on skill development. 3.1.2.2 Impact of skill classification and stage of learning on structure of practice for learning. - Methods of presenting practice. - Stages of learning and how feedback differs between the different stages of learning. - Learning plateau. Causes and solutions.	3.1.3.1.1 Pre-industrial (pre-1780.) - Characteristics of society and impact on sporting recreation. - Characteristics of sporting recreation (limited to mob football and real tennis). Characteristics and impact on sport (limited to development of association football, lawn tennis, rationalisation of track and field events and the role of the Wenlock Olympian Games). - Industrial Revolution. - Urbanisation. - Transport and communication. - The British Empire. - Provision through factories. - Churches and local authorities. - Public schools/universities - Three-tier class system (emphasis on middle class and working class). - Development of national governing bodies. - Consideration of the changing role of women in sport. - The status of amateur and professional performers.
		Checkpoint Assessment and Review	

2	3.1.1.3 Respiratory system • Understanding of lung volumes and the impact of and on physical activity and sport. • Gas exchange systems at alveoli and muscles. The neural and chemical regulation of pulmonary ventilation during physical activity and sport. Receptors involved in regulation of pulmonary ventilation during physical activity. • Impact of poor lifestyle choices on the respiratory system. 3.1.1.6 Energy systems • Energy transfer in the body. Energy transfer during short duration/high intensity exercise. • Energy transfer during long duration/lower intensity exercise. • Energy continuum of physical activity. Energy transfer during long duration/lower intensity exercise. • Factors affecting VO₂ max/aerobic power. Energy transfer during short duration/high intensity exercise.	Paper 1: 3.1.2.4 Use of guidance and feedback • Methods of guidance • Understand the different purposes and types of feedback. • Understanding of how feedback and guidance impacts on skill development. 3.1.2.3 Principles and theories of learning and performance • Social learning Observational learning (Bandura). • Constructivism Social development theory (Vygotsky). • Cognitive theories. Insight learning (Gestalt). • Behaviourism Operant conditioning (Skinner). Understanding of how theories of learning impact on skill development. Paper 2: 3.1.6.1.1 Aspects of personality • Understanding of the nature vs nurture debate in the development of personality. • Interactionist perspective. • How knowledge of interactionist perspective can improve performance.	3.1.3.1.3 Post World War II (1950 to present) The changing status of amateur and professional performers: limited to development of: • association football. • tennis. • athletics. Factors affecting the emergence of elite female performers in: • football (players and officials). • tennis. • athletics. in late 20th and early 21st century. Characteristics and impact of the Golden Triangle limited to development of • association football. • tennis. • athletics.
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3	3.1.1.5 The musculo-skeletal system and analysis of movement in physical activities Types of joint, articulating bones, main agonists and antagonists, types of muscle contraction. 3.1.1.5 The musculo-skeletal system and analysis of movement in physical activities • Joint actions in the sagittal plane/transverse axis. Joint actions in the frontal plane/sagittal axis. Joint actions in the transverse plane/longitudinal axis. 3.1.1.4 Neuromuscular system • Characteristics and functions of different muscle fibre types for a variety of sporting activities. Nervous system. • The recruitment of muscle fibres. • Role of proprioceptors in PNF.	Paper 2: 3.2.3.1.6 Motivation Types of motivation 3.1.6.1.2 Attitudes • Triadic model • Components of an attitude. • Formation of attitudes. • Changing attitudes through cognitive dissonance and persuasive communication. 3.1.6.1.3 Arousal • Theories of arousal. • Practical applications of theories of arousal and their impact on performance. • Characteristics of peak flow experience. 3.1.6.1.4 Anxiety • Types of anxiety • Advantages and disadvantages of using observations, questionnaires and physiological measures to measure anxiety.	3.1.3.2.1 Sociological theory applied to equal opportunities Understanding of the key terms relating to the study of sport and their impact on equal opportunities in sport and society. • Society. • Socialisation (primary and secondary). • Social processes (social control and social change). • Social issues (causes and consequences of inequality). • Social structure. Understanding social action theory in relation to social issues in physical activity and sport. Underrepresented groups in sport. • Disability. • Ethnic group. • Gender. • Disadvantaged. Understanding the key terms relating to equal opportunities. • Discrimination. • Stereotyping. • Prejudice. The barriers to participation in sport and physical activity and possible solutions to overcome them for under represented groups in sport.
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4	3.2.2.2 Levers • Three classes of lever and examples of their use in the body during physical activity and sport. 3.2.2.1 Biomechanical principles • Newton's Three Laws of linear motion applied to sporting movements. Definitions, equations and units of example scalars. Centre of mass. Factors affecting stability	Paper 2: Checkpoint test and review 3.1.6.1.5 Aggression • Difference between aggression and assertive behaviour. • Theories of aggression. 3.1.6.1.7 Social Facilitation • Social facilitation and inhibition • Zajonc's model • Evaluation apprehension • Strategies to eliminate the adverse effects of social facilitation and social inhibition. 3.1.6.1.8 Group Dynamics Group formation Tuckman's model. • Cohesion • Steiner's model • Strategies to improve cohesion, group productivity and overcome social loafing to enhance team performance. Checkpoint assessment and review	Benefits of raising participation. • Health benefits. • Fitness benefits. • Social benefits. The interrelationship between Sport England, local and national partners to increase participation at grass roots level and under represented groups in sport. 3.2.4.7 Impact of commercialisation on physical activity and sport and the relationship between sport and the media • The positive and negative impact of commercialisation, sponsorship and the media. 3.2.4.1 Concepts of physical activity and sport The characteristics and functions of key concepts and how they create the base of the sporting development continuum. • Physical recreation. • Sport. • Physical education. • School sport The similarities and the differences between these key concepts
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5	3.2.1.2 Preparation and training methods in relation to maintaining physical activity and performance • Understanding of the key terms relating to laboratory conditions and field tests. Physiological effects and benefits of a warm-up and cool down. • Training methods to improve physical fitness and health. Impact of specialist training methods on energy systems Revision for mock exams	Paper 2: 3.1.6.1.9 Importance of goal setting • Benefits of types of goal setting, Outcome goals, task-orientated. Performance related goals, process goals. • Principles of effective goal setting, SMARTER (specific, measurable, achievable, realistic, time bound, evaluate, re-do). Revision Skill Acquisition paper 1: • Skill Classification and Transfer of Learning • Theories of Learning • Methods to present and types of practice Revision Sport Psychology paper 2: • Anxiety and cohesion • Attitude and goal setting	3.2.4.8 The role of technology in physical activity and sport Understanding of technology for sports analytics • Use of technology in data collection (quantitative and qualitative, objective and subjective, validity and reliability of data). • Video and analysis programmes. • Testing and recording equipment (metabolic cart for indirect calorimetry). • Use of GPS and motion tracking software and hardware. • Maintaining data integrity.
6	Revision for mock exams 3.2.2.3 Linear motion • Definitions, equations and units of vectors. Definitions, equations and units of scalars. An understanding of the forces acting on a performer during linear motion. NEA Coursework • Coursework analysis introduction	Revision for mock exams	Revision for mock exams 3.2.4.8 The role of technology in physical activity and sport Functions of sports analytics. • Monitor fitness for performance. • Skill and technique development. • Injury prevention. Game analysis. • Talent ID/scouting. The development of equipment and facilities in physical activity and sport, and their impact on participation and performance. • Impact of material technology on equipment – adapted (disability, age). • Facilities – Olympic legacy, (surfaces, multiuse). The role of technology in sport and its positive and negative impacts.

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1	3.2.1.2 Preparation and training methods in relation to maintaining physical activity and performance - Principles of training. - Application of principles of periodisation NEA Coursework - Evaluation section introduction, analysis draft hand in. 3.2.2.3 Linear motion - Definitions, equations and units of vectors. Definitions, equations and units of scalars. An understanding of the forces acting on a performer during linear motion. - The relationship between impulse and increasing and decreasing momentum in sprinting through the interpretation of force/time graphs. 3.1.1.5 The musculo-skeletal system and analysis of movement in physical activities 3.2.2.2 Levers - Revision	Paper 1: 3.1.2.5 Memory models 3.1.2.5.1 General information processing - Input. - Decision making - Baddeley and Hitch, working memory model memory system. - Output. - Feedback. 3.1.2.5.2 Efficiency of information processing - Application of Whiting's information processing model to a range of sporting contexts. - Applied understanding of information processing terms within a sporting context. - Definitions of and the relationship between reaction time, response time, movement time. - Factors affecting response time. - Definitions of anticipation. - Strategies to improve response time. - Schmidt's schema theory Application of schema theory in sporting situations. Strategies to improve information processing.	3.2.4.2 Development of elite performers in sport The factors required to support progression from talent identification to elite performance. The generic roles, purpose and the relationship between organisations in providing support and progression from talent identification through to elite performance - National Governing Bodies. - National Institutes of Sport. - UK Sport. The support services provided by National Institutes of Sports for talent development. The key features of UK Sport's World Class Performance Programme, Gold Event Series and Talent Identification and Development. 3.2.4.4 Violence in sport The causes and implications of violence in sport - Performer. - Spectator. - Sport. Strategies for preventing violence within sport to the performer and spectator.

2	3.1.1.6 Energy systems • Measurements of energy expenditure. 3.2.2.6 Fluid mechanics • Dynamic fluid force. Factors that reduce and increase drag and their application to sporting situations. The Bernoulli principle applied to sporting situations. 3.2.2.4 Angular motion • Application of Newton's laws to angular motion. Definitions and units for angular motion. Conservation of angular momentum during flight, moment of inertia and its relationship with angular velocity. 3.2.1.2 Preparation and training methods in relation to maintaining physical activity and performance • Training methods revision. 3.1.1.2 Cardiovascular system 3.1.1.3 Respiratory system • Revision. 3.2.1.1 Diet and nutrition and their effect on physical activity and performance • Understand the exercise-related function of food classes. Positive and negative effects of dietary supplements/manipulation on the performer. • Positive and negative effects of dietary supplements/manipulation on the performer.	Paper 2: 3.2.3.1.7 Achievement Motivation Theory • Atkinson's Model of achievement motivation. Characteristics of personality components of achievement motivation. • Impact of situational component of achievement motivation. • Achievement goal theory. • Strategies to develop approach behaviours leading to improvements in performance. 3.2.3.1.11 Attribution theory • Attribution process. • Weiner's Model and its application to sporting situations. • Link between attribution, task persistence and motivation. • Self-serving bias. • Attribution retraining. • Learned helplessness. • Strategies to avoid learned helplessness leading to improvements in performance. 3.2.3.1.12 Self-efficacy and confidence • Characteristics of self-efficacy, self-confidence and self-esteem. • Bandura's Model of self-efficacy. • Vealey's Model of self-confidence. • Effects of home field advantage. Strategies to develop high levels of self-efficacy leading to improvements in performance. Walking, talking mock Review of walking, talking mock.	3.2.4.5 Drugs in sport The social and psychological reasons behind elite performers using illegal drugs and doping methods to aid performance. The physiological effects of drugs on the performer and their performance. • Erythropoietin (EPO). • Anabolic steroids. • Beta blockers. The positive and negative implications to the sport and the performer of drug taking. • Physiological adaptations. • Social and psychological rewards (for the sport and the performer). • Negative impact on current and future health. • Social and psychological repercussions (for the sport and the performer). Strategies for elimination of performance enhancing drugs in sport. Arguments for and against drug taking and testing. 3.2.4.6 Sport and the law The uses of sports legislation. • Performers (contracts, injury, loss of earnings). • Officials (negligence). Coaches (duty of care). • Spectators (safety, hooliganism).
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3	3.2.2.5 Projectile motion • Factors affecting horizontal displacement of projectiles. Factors affecting flight paths of different projectiles. Vector components of parabolic flight. 3.2.1.3 Injury prevention and the rehabilitation of injury • Types of injury. • Understanding different methods used in injury prevention, rehabilitation and recovery. Physiological reasons for methods used in injury rehabilitation. Importance of sleep and nutrition for improved recovery. • Revision. • Mocks. • Mock review.	Paper 2: 3.2.3.1.13 Leadership • Characteristics of effective leaders. • Styles of leadership. • Leadership styles for different sporting situations. Prescribed and emergent leaders. • Theories of leadership in different sporting 3.2.3.1.14 Stress Management • Explanation of the term's 'stress' and 'stressor'. • Use of warm up for stress management. • Effects of cognitive and somatic techniques on the performer. • Explanation of cognitive techniques. • Explanation of somatic techniques. • Coursework. • Revision. • Mocks. • Mock review.	Revision for mock • Mock review paper 1. • Mock review paper 2.
4	3.1.1.4 Neuromuscular system • Revision. 3.2.1.2 Preparation and training methods in relation to maintaining physical activity and performance • Principles of Training Revision. 3.2.2.1 Biomechanical principles 3.2.2.6 Fluid mechanics • Revision. 3.2.2.2 Levers, planes and axes • Revision 3.2.1.1 Diet and nutrition and their effect on physical activity and performance • Revision.	Finalise Coursework. Revision for Paper 1 and Paper 2. Create revision schedule with emphasis of topics not been tested previously.	Finalise Coursework. Revision for Paper 1 and Paper 2. Create revision schedule with emphasis of topics not been tested previously on specification.

5	3.2.2.3 Linear motion • Revision. 3.1.1.6 Energy systems • Revision with Measurements of energy expenditure. 3.2.2.4 Angular motion • Revision. 3.2.1.3 Injury prevention and the rehabilitation of injury • Revision recovery methods. 3.1.1.2 Cardiovascular system 3.1.1.3 Respiratory system • Revision. 3.2.2.5 Projectile motion • Revision.	Revision for Paper 1 and Paper 2. Create revision schedule with emphasis of topics not been tested previously on specification.	Revision for Paper 1 and Paper 2. Create revision schedule with emphasis of topics not been tested previously on specification.
6	Final Exams		