

# Curriculum on a Page

## What we will be learning over the duration of the course

Students will study the following topics:

Year 1/AS:

- **1.1 – Applied Anatomy & Physiology:** (a) Skeletal & Muscular Systems (b) Cardiovascular & Respiratory Systems
- **1.2 – Exercise Physiology:** (a) Diet & Nutrition (b) Training Methods
- **1.3 – Biomechanics:** (a) Principles & Levers
- **2.1 – Skill Acquisition:** Memory Models
- **2.2 – Sports Psychology:** Attribution; Confidence & Self-Efficacy; Leadership; Stress Management
- **3.2 – Sport & Society:**

Year 2/A Level:

- **1.1 – Applied Anatomy & Physiology:** (c) Energy for Exercise (d) Environmental Effects on Body Systems
- **1.2 – Exercise Physiology:** (c) Injury Prevention and Rehabilitation of Injury
- **1.3 – Biomechanics:** (b) Linear Motion, Angular Motion, Fluid Mechanics & Projectile Motion
- **2.1 – Skill Acquisition:** Memory Models
- **2.2 – Sports Psychology:** Attribution; Confidence & Self-Efficacy; Leadership; Stress Management
- **3.2 – Sport & Society:** Ethics & Deviance; Commercialism & Media; Sporting Excellence; Technology in Sport

The 4x 60min lessons will break down as follows: Students will attend 3 theory-based lessons with 3 different members of staff. 1 lesson will consist of either practical-based work focussing on completion of the practical coursework elements and embedding theoretical content in practical situations, or exam preparation. The final hour lesson is in order to prepare for the EAPI assessment.

On completion of the practical elements and EAPI assessment (end of March), these lessons can then be used flexibly, with focus moving towards revision and examination preparation/technique.

Mock exams will also be set generally every half term in order to effectively monitor progress and set SMARTER goals.

## **How we will be learning (Learning approaches including Learning Habits)**

Students will find that all of the learning habits will be present throughout the A-Level PE course. As well as whole class discussion, students frequently work in small groups/pairs and as individuals, allowing them to develop numerous habits (such as independence, questioning, discussing learning, planning and monitoring) in different learning environments. Students are particularly encouraged to develop their ability to make revisions by learning from their mistakes and taking on board feedback and targets. This may come from the teacher, a peer or themselves.

The skills and learning habits developed within A-Level PE frequently compliment and link with other subjects; this is something we actively encourage as a student will learn most effectively when they can transfer existing skills and enhance them further through other realms. For example, teaching of the heart in Anatomy & Physiology occurs just after it is taught in Biology.

## **Try this at home**

- Access the OCR website. Here you will find:
  - Specifications & Guidance
  - Past papers and mark schemes
- Use YouTube to watch documentaries and video clips of the theory in action.
- Read a daily newspaper to keep up-to-date with current issues in sport (e.g. drug scandals, new technologies, controversial decisions in football)