



# The Emmbrook School Physical Education Journey

## A LEVEL PE Curriculum Map

### Examination

There are two papers for GCSE PE, both of which are 2 hours written and worth 105 marks. Paper 1 covers applied anatomy and physiology, skill acquisition and sport and society. Paper 2 covers exercise physiology and biomechanics, sport psychology and sport, society and technology in sport.

### 3.2.3 Exercise physiology

Students will understand the psychological factors that can affect performers such as injury prevention and the rehabilitation of injury.

### 3.2.4 Sport and society

Students learn the concepts of physical activity and sport, development of elite athletes and how influences such as drugs, violence, ethics, media and commercialisation effect performance.

### Alevel Physical Education Breakdown

#### Examination

- 70%

#### Practical assessment

- 15%

#### Analyse & evaluate performance (coursework)

- 15%

#### Practical Assessment (15%)

For Alevel PE, you will be assessed as either a performer or coach in a full sided version of one activity. Your technique and ability to use strategy / tactics will be assessed. Any 'off-site' sports will need video evidence.

The full AQA spec including theory content and a list of available sports can be found by scanning the QR Code below.



#### Analyse & Evaluate Performance (15%)

You will need to create a piece of coursework to demonstrate your ability to analyse and evaluate your performance or that of a peer/ elite athlete in one sport.

A Level PE

Year 13

### Practical assessment

### Coursework: Evaluation (25/45)

### 3.2.2 Biomechanical movement

Students will be able to categorise movement as either linear or angular motion.

### 3.1.1 Applied anatomy and physiology

3.1.1.6 Energy systems

### 3.1.2 Skill acquisition

Students will develop knowledge and understanding of information processing memory models

### 3.2.3 Sport psychology

Students will understand the psychological factors that can affect performers such as injury prevention and the rehabilitation of injury.

### 3.2.4 The role of technology in physical activity and sport

### Coursework: Analysis (20/45)

### 3.1.6 Sport Psychology

Students will develop knowledge and understanding of diet, nutrition, preparation and training methods and their effect on physical performance.

### 3.1.4 Exercise physiology

Students will develop knowledge and understanding of diet, nutrition, preparation and training methods and their effect on physical performance.

### 3.1.2 Skill acquisition

Students will develop knowledge and understanding of skill classification, learning theories, guidance and feedback as well as the impact that these have on the practice of learning new skills.

Year 12

### 3.1.1 Applied anatomy & physiology

**3.1.5 Biomechanical movement**  
Students will understand the benefits of participating in physical activity to the cardiovascular system, respiratory system and neuromuscular system. They will also analyse the effect of the neuromuscular system in creating movement.

### 3.1.3 Sport and society

Students will develop their knowledge and understanding of the impact that pre-industrial Britain, Industrial revolution and WW2 had on sport. They will also learn and apply sociological theories as to why these changes occurred.

### 3.1.7 Sports and society and the role of technology

Your Alevel Physical Education Journey starts here ...