

## Year 13 A Level PE

### **Overall Intent:**

In year 13, students will study two theory components. Component 1 will allow them to gain an understanding of the structural and functional roles performed by the cardiorespiratory, cardiovascular and neuromuscular systems and how exercise affects these systems. They will learn how the body creates energy using aerobic and anaerobic pathways, as well as how these pathways recover after exercise. They will also learn some biomechanical principles in order to explain motion of bodies in straight lines, in rotation, in water and in flight. Component 2 will allow students to learn about the relationship between sport and society. They will gain an understanding of the parallels between societal changes and sport and how they influence each other. As part of this, they will consider historical and contemporary events and the increasing nature of political and commercial interests in society and how they have influenced sport. Students will also consider the relationship between sport and the media. Finally, students will undertake component 4, which is a performance analysis of themselves as a performer. As part of this, they will plan and execute an 8-10 week development programme, designed to improve on any weaknesses they have identified.

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Topic/area of study: Component 1</b>	APPLIED ANATOMY AND PHYSIOLOGY				EXERCISE PHYSIOLOGY AND APPLIED MOVEMENT ANALYSIS	PREPARATION FOR EXAMS
<b>Topic/area of study: Component 2</b>	SPORT AND SOCIETY					
<b>Key learning aims – knowledge and skills: Component 1</b>	Neuromuscular system: fibre types, structure of motor units, physiology of a muscular contraction, responses and adaptations of NMS to exercise.	Cardiorespiratory system: structure and function of respiratory system, respiratory values, mechanics of breathing.  Cardiovascular system: structure and function of cardiovascular system.	Cardiac cycle and conduction system, venous return, bradycardia, heart values, responses and adaptations of respiratory and cardiovascular systems to exercise.  Unhealthy lifestyles: lifestyle effects on respiratory and cardiovascular system.	Energy systems and recovery: forms of energy, three energy pathways, energy continuum, reasons for fatigue, stages of recovery (EPOC), response of energy systems to warm-up and priming exercise.	Biomechanics: linear motion, angular motion, projectile motion, fluid mechanics.	Students will review content from throughout the course as they make their final preparations for their exams.

<b>Key learning aims – knowledge and skills: Component 2</b>	Factors leading to the emergence and development of modern-day sport.	Factors leading to the emergence and development of modern-day sport.  Globalisation of sport	Commercialisation of sport  Ethics and deviance in sport	The relationship between sport and the media.  Talent ID and pathways to elite sport.	Participation and the health of the nation.	Students will review content from throughout the course as they make their final preparations for their exams.
<b>Assessment - theory</b>	End of topic assessment: neuromuscular system	End of History of Sport unit exam  End of topic assessment: respiratory system	Globalisation and commercialisation essay  End of topic assessment: cardiovascular system	End of topic assessment: energy systems and recover	End of topic assessment: biomechanics	Final exams
<b>Assessment – component 4</b>	Ongoing preparation and assessment of component 4					N/A