



Year 12 Curriculum Overview

Rationale: The Year 12 A level PE curriculum is designed to give students a broad and balanced understanding of the psychological, physiological and socio-cultural factors that impact performance whilst they independently participate/ compete as either performer or coach in their chosen sport. Through the Psychological component of the course students study the models and theories that affect learning and performance in physical activities and how learning and performance can be affected by individual differences such as Personality, Attitudes, Motivation, Arousal, Anxiety and Aggression. Through the Physiological component of the course students start to gain an understanding of key body systems as well as the effects of force and motion on the body (biomechanics). Through the Socio-cultural component of the course students focus on factors that have shaped sports over time, their influences on physical activity and they also consider the impact of hosting a global sporting event such as the Olympic Games. The practical component of the course requires students to demonstrate effective performance, the use of tactics and techniques and the ability to observe the rules and conventions under applied conditions, which is achieved through regular participation in the sport of their choice.

Term	Outline	Assessment/Teacher Feedback Opportunities	Homework and Literacy resources
Half Term 1	<p>Component 1: Physiological factors affecting performance</p> <p>Students will study the Skeletal and Muscular systems in this half term which will include learning the names of bones, muscles and joints before learning about the contractions involved in movement as well as the biomechanics of such movements. Students learn the theory behind these topics before applying them to real life sporting movements and skills.</p>	Internal assessment using past exam questions assessment on Muscular and Skeletal system	<p>Homework includes movement analysis worksheets, research on different muscle fibres and revision for an internal assessment on the Muscular and Skeletal system at the end of the half term.</p> <p>Optional Homework resources and video Links: https://www.youtube.com/watch?v=otHNMOaXSns&list=PLzh4kOin3WAqKL76NpiwuRoLrJDg65K16 https://www.youtube.com/watch?v=psmOMBYTj5w https://www.youtube.com/watch?v=wQRkIZECcfA https://www.youtube.com/watch?v=IPMI49wr6pg&t=22s</p>
	<p>Component 2: Psychological factors affecting performance</p> <p>Students will learn about different theories of personality (namely, the trait, social learning and</p>	Internal assessment using past exam questions assessment on the Personality topic	Homework includes researching psychological case studies in support of the Nature versus Nurture debate, the 'Profile Of Mood States' psychological model and

	<p>interactionist approaches) and the formation of attitudes in this half term. They will look at where attitudes come from, their impact on performance and how we can change attitudes to improve performance.</p>		<p>the Triadic model of attitudes as well as completion of knowledge organiser for each topic.</p> <p>Optional Homework: Watch the BBC documentary 'What Am I Like?- The Personality Test' https://www.youtube.com/watch?v=TeT_j7huzxg</p> <p>Suggested reading: The Chimp Paradox by Professor Steven Peters (2012) https://chimpmanagement.com/books-by-professor-steve-peters/the-chimp-paradox/</p>
	<p>Component 3: Socio-cultural issues in physical activity and sport During this half term students begin learning about the evolution of sport and focus specifically on how pre-industrial and post-industrial Britain impacted the development of sport in the UK.</p>		<p>Homework includes researching the industrial revolution so that this can be applied to the 7 factors used to analyse Pre and Post Industrial Britain.</p> <p>Optional Homework: Netflix Drama: The English Game (see trailer below): https://www.youtube.com/watch?v=hBOIhdSYhv8</p>
	<p>Component 4: Practical Performance Students will be regularly participating/ competing in one activity <u>or</u> will be regularly coaching one activity, outside of lesson time. Students will maintain a record of this in their Performance Log.</p>		<p>Homework: Weekly update of Performance Log</p> <p>Homework: Familiarise yourself with the requirements for your chosen practical activity with the guide to NEA: https://www.ocr.org.uk/Images/234840-as-and-a-level-guide-to-non-exam-assessment.pdf</p>
Half Term 2	<p>Component 1: Physiological factors affecting performance Students will study the Conduction system and Cardiac Cycle in this half term which will include looking at physiological responses to exercise such</p>	<p>Internal assessment using past exam questions assessment on the Cardiovascular system.</p>	<p>Homework includes completion of a cardiovascular worksheet, past paper exam questions and revision for an internal assessment on the Cardiovascular system at the end of the half term.</p>

	<p>as increased venous return, vascular shunt and heart rate regulation.</p>		<p>Optional Homework resources and video Links: https://www.youtube.com/watch?v=sqSVdGwkF80 https://www.youtube.com/watch?v=swGV1a3f1G8&t=171s https://www.brainscape.com/flashcards/paper-1-cardiovascular-respiratory-syste-7630416/packs/12570963</p>
	<p>Component 2: Psychological factors affecting performance Students will learn how Motivation and Arousal impact performance. This will include studying the three theories of Arousal, namely the Drive Theory, the Inverted U Theory and the Catastrophe Theory. Students not only gain an understanding of each of these models but they also apply them to sporting situations and develop the ability to critically evaluate each of the theories.</p>	<p>Internal assessment using past exam questions assessment on the Personality, Attitudes, Motivation and Arousal topics.</p>	<p>Homework includes preparing for a class presentation on one element of the Arousal topic, completing a knowledge organiser for Motivation and Arousal and revising for the internal assessment at the end of the half term.</p> <p>Optional Homework: Compare the key learning from James Morris' Arousal revision video to your notes: https://www.youtube.com/watch?v=7130zWCUhYA</p>
	<p>Component 3: Socio-cultural issues in physical activity and sport During this half term students build on their knowledge of pre and post industrial Britain and begin to look at the 20th and 21st century from a sporting perspective. This allows students to gain a real perspective of how sport and society has developed from pre-industrial Britain to until current day.</p>	<p>Internal assessment using past exam questions assessment on the evolution of sport across time periods.</p>	<p>Homework includes designing a revision timeline to summarise learning about how sport has evolved in Britain from pre-industrial time to current day, as well as reflecting on the Personal Learning Checklist (PLC)</p> <p>Optional Homework: The Greatest Game Ever Played (see trailer below): https://www.youtube.com/watch?v=au9nFe4mjIA</p>

	<p>Component 4: Practical Performance Students will be regularly participating/ competing in one activity <u>or</u> will be regularly coaching one activity, outside of lesson time. Students will maintain a record of this in their Performance Log.</p>		Homework: Weekly update of Performance Log
Half Term 3	<p>Component 1: Physiological factors affecting performance Students will study the Respiratory system this half term, specifically looking at the Mechanics of breathing, the Neural and Chemical control of breathing and Gaseous Exchange.</p>	<p>Internal assessment using past exam questions assessment on the Respiratory system.</p> <p>February Mock covering all content to date.</p>	<p>Homework includes completion of past paper exam questions as well as revision across all topics studied to date in preparation for the February Mock.</p> <p>Optional Homework resources and video Links: https://www.youtube.com/watch?v=VweHwyrX2qs https://www.youtube.com/watch?v=JvXJLgqs0xw https://www.brainscape.com/flashcards/paper-1-cardiovascular-respiratory-syste-7630416/packs/12570963</p>
	<p>Component 2: Psychological factors affecting performance Students will study the topic of Anxiety and how this can impact performance before researching a range of Anxiety Management Techniques which can be used to control Anxiety.</p>	<p>February Mock covering all content to date.</p>	<p>Homework includes researching a variety of Anxiety Management Techniques, completion of a Knowledge Organiser for the Anxiety topic as well as revision across all topics studied to date in preparation for the February Mock.</p> <p>Suggested reading: Psychology Today – ‘Dealing with Anxiety in Athletes’ https://www.psychologytoday.com/gb/blog/understanding-hypnosis/202201/dealing-anxiety-in-athletes</p>
	<p>Component 3: Socio-cultural issues in physical activity and sport</p>	<p>February Mock covering all content to date.</p>	<p>Homework includes researching global sporting events and preparing for an internal assessment.</p>

	During this half term students develop their knowledge of global sporting events and analyse them from a sporting, social, economic and political perspective. They have the opportunity to apply their knowledge by studying specific case studies such as the London 2012 Olympics.	Internal assessment using exam style questions, covering the topic of global sporting events.	Suggested reading: 'National Identity And Global Sports Events: Culture, Politics, And Spectacle in the Olympics And the Football World Cup'
	Component 4: Practical Performance Students will be regularly participating/ competing in one activity <u>or</u> will be regularly coaching one activity, outside of lesson time. Students will maintain a record of this in their Performance Log.		Homework: Weekly update of Performance Log
Half Term 4	Component 1: Physiological factors affecting performance Students will learn about Diet, Nutrition and Ergogenic Aids before beginning to learn about the principles and types of training, which builds on knowledge acquired at GCSE.	Internal assessment using past exam questions on Diet and Training topics.	Homework includes research into different ergogenic aids, preparation for a class presentation and completion of a 20 mark past paper essay question, as well as revision in preparation for an internal assessment on Diet and Training. Optional Homework resources and video Links: https://www.youtube.com/watch?v=dLGMYGyHMKI https://www.youtube.com/watch?v=ccCg2RXVJnU https://www.youtube.com/watch?v=zEwmk0sbnzI
	Component 2: Psychological factors affecting performance Students will learn about how the presence of others impacts performance (social facilitation/ inhibition), how setting goals can be used to improve performance and the stages of group	Internal assessment using past exam questions on social facilitation, goal setting and groups/ teams.	Homework includes preparing for a class presentation on Groups and Teams as well as completion of Knowledge Organisers for all topics covered this half term. Students will also be required to revise for the end of half term internal assessment.

	<p>formation and how this is influential in team sports.</p>		<p>Optional homework: Extended reading on the topic of Goal Setting http://psychology.iresearchnet.com/sports-psychology/psychological-skills/goal-setting-in-sports/</p> <p>Optional homework: Extended reading on the topic of team formation (Tuckman’s model) https://www.mindtools.com/abyj5fi/forming-storming-norming-and-performing</p> <p>Suggested reading: High Performance: Lessons from the best on becoming your best (Jake Humphrey) https://www.amazon.co.uk/High-Performance-Lessons-Best-Becoming/dp/1847943705/</p>
	<p>Component 3: Socio-cultural issues in physical activity and sport During this half term students revisit all of their prior learning for component 3 to consolidate and deepen their understanding. This supports students in preparing for end of year progression exams.</p>		<p>Homework focuses on applying knowledge to examination style questions this half term.</p> <p>Optional Homework resources and video Links: https://quizlet.com/gb/587800378/ocr-a-level-pe-sports-society-impacts-of-hosting-global-events-flash-cards/ https://www.youtube.com/watch?v=zlWZ8R1K_SY https://quizlet.com/gb/542211108/ocr-a-level-pe-paper-3-flash-cards/</p>
	<p>Component 4: Practical Performance Students will be regularly participating/ competing in one activity <u>or</u> will be regularly coaching one activity, outside of lesson time. Students will maintain a record of this in their Performance Log.</p>		<p>Homework: Weekly update of Performance Log</p>

Half Term 5	<p>Component 1: Physiological factors affecting performance Training continues to be the focus of this half term. Students will be introduced to the concepts of periodization and principles of training. They will also learn about training in relations to 3 key areas: aerobic capacity, strength and flexibility. Finally they will focus on the impact of training on lifestyle and diseases.</p>	Internal assessment using past exam questions on Training	<p>Homework tasks include worksheets where students get to apply their understanding of Training linked to 3 key areas: Aerobic Capacity, Strength and Flexibility. Students will also complete revision in preparation for an internal assessment at the end of the half term.</p> <p>Optional Homework resources and video Links: https://www.youtube.com/watch?v=wB9xQvTB-q0 https://www.youtube.com/watch?v=bzqBv6bdWQ0 https://www.youtube.com/watch?v=pmoVmET3tjM https://www.youtube.com/watch?v=BT2DNM2jSvo</p>
	<p>Component 2: Psychological factors affecting performance Students are introduced to the skill acquisition component of the course in this half term and learn about classification of skills, types of practice and types of transfer. This builds on some of the knowledge acquired at GCSE regarding how we learn skills in sport.</p>	Internal assessment using past exam questions on classification of skills, types of practice and types of transfer.	<p>Homework this half term focuses on students completing knowledge organisers for each topic and practicing applying theory to sporting examples which is key for this component of the course. Students will also be required to revise for the end of half term internal assessment.</p> <p>Optional homework: Extended reading on classification of skills https://www.bbc.co.uk/bitesize/guides/zsj87hv/revision/1 https://www.brianmac.co.uk/continuum.htm</p>
	<p>Component 4: Practical Performance Students will begin to prepare for their Non-Examined Assessment (NEA) which takes place in February of Year 13.</p>		Homework this half term focuses on students completing their Evaluation and Analysis of Performance (EAPI) preparation paperwork. Students focus on their chosen practical sport and highlight the key skills, tactics and fitness components required in

	Students begin to prepare for the Evaluation and Analysis of Performance (EAPI). Students use the specification for their chosen sport to research teaching points and begin to apply knowledge from the prescribed theory list to the teaching points of core and advanced skills.		line with the OCR specification. Students look at how to improve the skills in their sport by highlighting key coaching points. In addition, students look at the overall success of their performance and why the skills, tactics and fitness components are important for their sport. Finally, students apply their theory content to all sections of the EAPI. Optional Homework resources and video Links: https://www.youtube.com/watch?v=kmH6x9uEXUA https://www.youtube.com/watch?v=yNMOVI0PN6c https://ocr.org.uk/Images/549380-the-evaluation-and-analysis-of-performance-for-improvement-eapi-transcripts.pdf https://quizlet.com/gb/578398059/pe-eapi-flash-cards/
	Component 4: Practical Performance Students will be regularly participating/ competing in one activity <u>or</u> will be regularly coaching one activity, outside of lesson time. Students will maintain a record of this in their Performance Log.		Homework: Weekly update of Performance Log
Half Term 6	Component 1: Physiological factors affecting performance Biomechanics remains the focus of this half term. Students learn about stability and the influence of the centre of mass, levers and the advantages that levers can offer performance enhancement as well as the use of technology such as force plates and bone goniometry.	Internal assessment using past exam questions on Biomechanics topic areas. Progression Exam – all year 12 topics for paper 1, 2 and 3.	Homework tasks include worksheets where students get to apply their understanding of Biomechanics to practical examples/ scenarios. Students will also complete revision in preparation for an internal assessment at the end of the half term. Optional Homework resources and video Links: https://www.youtube.com/watch?v=S52txSHScE

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	<p>Component 2: Psychological factors affecting performance Students continue with the skill acquisition component of the course in this half term and learn about the theories of learning, the stages of learning and how memory is responsible for learning.</p>	<p>Internal assessment using past exam questions on skill acquisition topics.</p> <p>Progression Exam – all year 12 topics for paper 1, 2 and 3.</p>	<p>Homework this half includes researching different theories of learning, completion of knowledge organisers for each topic and students will also be required to revise for the end of half term internal assessment.</p> <p>Optional homework: Extended reading on memory models https://cognitiontoday.com/memory-models-in-psychology-understanding-human-memory/</p>
	<p>Component 4: Practical Performance Students continue to prepare for their Non-Examined Assessment (NEA) which takes place in February of Year 13. Students use the specification for their chosen sport to research teaching points and begin to apply knowledge from the prescribed theory list to the teaching points of core and advanced skills.</p>		<p>Homework this half term continue to focus on students completing their EAPI preparation paperwork.</p> <p>Optional Homework resources and video Links: https://www.youtube.com/watch?v=kmH6x9uEXUA https://www.youtube.com/watch?v=yNMOVI0PN6c https://ocr.org.uk/Images/549380-the-evaluation-and-analysis-of-performance-for-improvement-eapi-transcripts.pdf https://quizlet.com/gb/578398059/pe-eapi-flash-cards/</p>

	Component 4: Practical Performance Students will be regularly participating/ competing in one activity <u>or</u> will be regularly coaching one activity, outside of lesson time. Students will maintain a record of this in their Performance Log.		Homework: Weekly update of Performance Log before submission of the Year 1 Log in the final half term.
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