

# Sandbach School PE Curriculum:

## Mastery:

## Year 12 PE Curriculum

Intent: To allow students to develop knowledge and to understand and apply the content of the first half of the OCR A Level PE course.

- Term 1**
- Applied anatomy and physiology
  - Skill Acquisition
  - Sport and Society
  - Practical Performances

- Term 2**
- Applied anatomy and physiology
  - Skill Acquisition
  - Sport and Society
  - Practical Performances

- Term 3**
- Exercise Physiology
  - Sports Psychology
  - Contemporary Issues in Physical Activity and Sport
  - Practical Performances

**Why start here?**  
This builds on knowledge acquired in GCSE PE and is the basis of theoretical and practical concepts to understand and apply course content throughout year 12 and 13.

Spec links:

- 1.1a Skeletal and muscular systems
- 1.1b Cardiovascular and respiratory systems
- 1.1.c. Energy for exercise
- 1.1.d. Environmental effects on body systems

2.1 Skill Acquisition

3.1 Sport and Society

2d. Content of non-exam assessment: Performance in physical education – Practical Performance

Teaching these topics here supports:

- Practical and theoretical application of the physiological and psychological aspects of the course.
- Society wide issues surrounding sport.

These topics feed from:  
GCSE PE  
GCSE Biology

**Why move onto these units?**  
\* The units take stay the same in this half term as the content is of great depth and therefore taught at a pace that students can understand and recall.

Spec links:

- 1.1a Skeletal and muscular systems
- 1.1b Cardiovascular and respiratory systems
- 1.1.c. Energy for exercise
- 1.1.d. Environmental effects on body systems

2.1 Skill Acquisition

3.1 Sport and Society

2d. Content of non-exam assessment: Performance in physical education – Practical Performance

Teaching these topics here supports:

- Practical and theoretical application of the physiological and psychological aspects of the course.
- Society wide issues surrounding sport.

These topics feed from:  
GCSE PE  
GCSE Biology

**Why move onto these units?**  
After learning the first units in the previous two terms, these units are the follow on units for each section of the course.

Spec links:

- 1.2.a. Diet and nutrition and their effect on physical activity and performance
- 1.2.b. Preparation and training methods in relation to improving and maintaining physical activity and performance
- 1.2.c. Injury prevention and the rehabilitation of injury

2.2 Sports Psychology

3.2 Contemporary issues in physical activity and sport

Teaching these topics here supports:

- In depth knowledge of the complex areas of physiological and psychological aspects of the course.
- Contemporary issues surrounding sport

These topics feed from:  
A Level applied anatomy and physiology  
A Level Skill Acquisition  
A Level Sport and Society