

Subject:

Physical Education



HECKMONDWIKE
GRAMMAR SCHOOL

KS5 - Year 13 Curriculum Overview

Topics being taught

What you will be assessed on

How you can support at home

Autumn Term

Energy systems
Recovery from exercise
Principles of training
Psychological effects on performance.
Confidence in sport
Deviance in sport – Performance enhancement.
Ethics in sport

Term 1

Application of energy systems to sports performance.
Effects of anxiety levels on sports performance.
Use of performance enhancing drugs.

Review PE focus research articles

Complete Module work book.
Active revision for mock examinations

Term 2

Training methods for a range of sporting activities.
How confidence effects performance.
Sports and violence

Examination questions

Complete extended learning and research tasks.
Complete planning for coursework

CHRISTMAS HOLIDAYS - CHRISTMAS HOLIDAYS - CHRISTMAS HOLIDAYS - CHRISTMAS HOLIDAYS

Topics being taught

What you will be assessed on

How you can support at home

Spring Term

Fitness testing
Diet and nutrition
Periodisation of training
Leadership
Effects of stress of sports performance
Sponsorship and commercialisation of sport.
Elite sports development
Sports technology

Term 3

Fitness tests methodology and data interpretation.
Effects of diet on performance
Application of styles of leadership.
Financial effects on sports organisation.

Review PE focus research articles.
Active revision for 2nd mock examinations

Complete module work books

Term 4

Planning of training programmes
Leadership styles
Stress management techniques.
NGB sports development case studies.
Application of technology in sport.

Examination questions

Complete extended learning and research tasks

EASTER HOLIDAYS - EASTER HOLIDAYS - EASTER HOLIDAYS - EASTER HOLIDAYS - EASTER HOLIDAYS

Topics being taught

What you will be assessed on

How you can support at home

Summer Term

Revision of anatomy and biomechanics.
Revision of exercise physiology
Revision of skill acquisition and sports psychology.
Revision of socio-cultural factors affecting sports performance.

Term 5

All course content

Active revision

Practice examination questions and refine examination techniques

Term 6

Final examinations