

KS5 Curriculum Sequencing – Homework/Prep Time Work and Private Study Work: A Level Physical Education

A level Physical Education homework, prep time work and private study work policy

All homework, prep time work and private study work in A Level PE is set on Edulink homework with a clear set date, due date and time allocation in order to meet the recommended Sixth Form requirement of 8-9 hours of homework/prep time work and/or private study work for the course each fortnight.

Homework	3 hours of homework will be set for each student across the different sides of the course every fortnight.
Prep time work	3 hours of prep time work will be set for A Level PE per fortnight. Prep time work is linked to previously studied topic areas in order to prep for end of unit assessments and/or prepping for future lesson content. Prep time work will be checked for completion in future lessons using both google classroom and edulink. Along with questioning and starters in lessons to support any misconceptions.

Private study work

Private study work is not checked for completion but evidence of completion will show through assessments.

Pupils will be given private study tasks for Alevel PE. These tasks will be set by the teacher to allow pupils to access higher marks especially in long mark answers. This private study will allow teachers to support a wider range of learning and ensure pupils are being challenged both in and out of the classroom.

Specific areas these will focus on will be:

Applied anatomy and physiology

Exercise physiology

Skill acquisition

Sports psychology

Sport and Society

Biomechanics

History of sport

Contemporary issues in physical activity and sport

Sequencing of homework, prep time work and private study work

Year 1 Programme of Study

Globalisation unit of study – Year 12 Term 1 and Term 2:

Area of subject learning checklist	Homework/Prep Time Work and Private Study work set
Applied anatomy and physiology	<p>1.1 Term 1/2</p> <p>Skeletal and muscular systems</p> <p>Tasks: Skeletal diagram and annotation sheet.</p> <p>Muscular-skeletal content slides to read and note take, in preparation for future lessons and address misconceptions.</p> <p>Exam questions to link content taught to Ao1, 2, 3 and 4.</p> <p>Revision for end of topic test</p> <p>https://www.youtube.com/c/TheEverLearner</p> <p>1.2 Term 2/3</p> <p>Cardiovascular and respiratory systems</p> <p>Task: Heart and body worksheet to complete.</p> <p>Task: Functions of the respiratory system.</p> <p>Cardiovascular and respiratory systems content slides to read and note take in preparation for future lessons and address misconceptions.</p> <p>Exam questions to link content taught to Ao1, 2, 3 and 4.</p> <p>Revision for end of topic test</p> <p>https://www.youtube.com/c/TheEverLearner</p>

Exercise
physiology

2.1 Term 1/2

Diet and nutrition and their effect on physical activity and performance.

Activity/ task on effects of diet and nutrition on the body.

Tasks on how diet and nutrition effects sports performance.

Exam questions to link content taught to examination to track progress and understanding.

Content slides to read and note take in preparation for future lessons and address misconceptions.

Revision for end of topic test

<https://www.youtube.com/c/TheEverLearner>

2.2 Term 2/3

Preparation and training methods.

Task: Appropriate training methods for athletes.

Task: How training can affect performance.

Exam questions to link content taught to examination to track progress and understanding.

Content slides to read and note take in preparation for future lessons and address misconceptions.

Revision for end of topic test

<https://www.youtube.com/c/TheEverLearner>

Skill acquisition

4.5 Term 1

Stages of learning, guidance and feedback

Articles and further reading into theorists.

TED talks on learning theories.

Exam questions to link content taught to examination to track progress and understanding.

Content slides to read and note take in preparation for future lessons and address misconceptions.

Revision for end of topic test

<https://www.youtube.com/c/TheEverLearner>

4.1 Term 2

Memory models

Articles and further reading into theorists of memory models

TED talks to help gain understanding of memory models.

Exam questions to link content taught to examination to track progress and understanding.

Content slides to read and note take in preparation for future lessons and address misconceptions.

Revision for end of topic test

<https://www.youtube.com/c/TheEverLearner>

Sports
psychology

5.1 Term 2/3

Individual differences

Articles and further reading into sports psychology and motivation.

Task: Types of sports psychology.

Task: why does sports psychology differ for athletes.

Exam questions to link content taught to examination to track progress and understanding.

Content slides to read and note take in preparation for future lessons and address misconceptions.

Revision for end of topic test

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5.2 Term 3

Group and team dynamics and goal setting in sport

Task: What makes a successful team.

Task: psychology behind putting a team together.

Exam questions to link content taught to examination to track progress and understanding.

Content slides to read and note take in preparation for future lessons and address misconceptions.

Revision for end of topic test

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Sport and Society

Term 1

6.1 Emergence and evolution of modern sport

Thomas Arnold research- Charlie Brown school days film

The beautiful game Netflix on emergence of football from mob to traditional.

Exam questions to link content taught to examination to track progress and understanding.

Content slides to read and note take in preparation for future lessons and address misconceptions.

Revision for end of topic test

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Term 2

6.2 Sport in the twenty first century

Research into the Development of women in sport and the media.

Task: Commercialisation and globalisation of sport.

Exam questions to link content taught to examination to track progress and understanding.

Content slides to read and note take in preparation for future lessons and address misconceptions.

Revision for end of topic test

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Term 3

6.3 Global Sporting events

Research the history and politics around hosting the Olympic games

Task: Political statements made at the Olympic games and the impact made on society.

Task: Pros and Cons of hosting an international sports competition

Exam questions to link content taught to examination to track progress and understanding.

Content slides to read and note take in preparation for future lessons and address misconceptions.

Revision for end of topic test

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Year 2 Programme of Study

Area of subject learning checklist	Homework/Prep Time Work and Private Study work set
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*Applied
anatomy and
physiology*

1.1 Term 1 and 2

Energy for exercise

Task- Impact on Sports performance

Research- How does the body react to sporting performance

Exam questions to link content taught to examination to track progress and understanding.

Content slides to read and note take in preparation for future lessons and address misconceptions.

Revision for end of topic test

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1.2 Term 2- 3

Recovery, altitude and heat

Task- How the body reacts to changes in environment

Task- the impact sporting venues can have on performance

Research- What helps the body recover from sport and physical activity?
Presentation into a product.

Exam questions to link content taught to examination to track progress and understanding.

Content slides to read and note take in preparation for future lessons and address misconceptions.

Revision for end of topic test

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Biomechanics

3.1 Term 1

Biomechanics

Task- Understanding the functions of biomechanics

Research- How does biomechanics impact different sports?

Exam questions to link content taught to examination to track progress and understanding.

Content slides to read and note take in preparation for future lessons and address misconceptions.

Revision for end of topic test

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3.2 Term 1

Biomechanical principles: Stability and lever systems

Task- Revisit lever systems from GCSE PE

Research How have lever systems developed from GCSE, understanding in greater detail.

Exam questions to link content taught to examination to track progress and understanding.

Content slides to read and note take in preparation for future lessons and address misconceptions.

Revision for end of topic test

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3.1 Term 2

Linear motion

Research support: <https://www.youtube.com/watch?v=-lKqSb9SfFw>

Exam questions to link content taught to examination to track progress and understanding.

Content slides to read and note take in preparation for future lessons and address misconceptions.

Revision for end of topic test

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3.2 Term 2

Angular motion

Extended reading:

https://isaacphysics.org/concepts/cp_angular_motion?stage=all

Exam questions to link content taught to examination to track progress and understanding.

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3.3 Term 3

Fluid mechanics and projectile motion

Task- Naming practical examples, linking this to sports and extending knowledge and understanding through links to movements.

Exam questions to link content taught to examination to track progress and understanding.

Content slides to read and note take in preparation for future lessons and address misconceptions.

Revision for end of topic test

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5.1 Term 1

Attribution in sport

Task: linking psychology to performance

Exam questions to link content taught to examination to track progress and understanding.

Content slides to read and note take in preparation for future lessons and address misconceptions.

Revision for end of topic test

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5.2 Term 1

Confidence and self-efficacy in sports performance

Exam questions to link content taught to examination to track progress and understanding.

Content slides to read and note take in preparation for future lessons and address misconceptions.

Revision for end of topic test

<https://www.youtube.com/c/TheEverLearner>

5.3 Term 2

Leadership in sport

Research- Alex Ferguson Doc- BBC IPLAYER/ Youtube.com

Task- What impact does leadership have on teams and individuals

Debate prep- Why does captaincy suit some and not others?

Exam questions to link content taught to examination to track progress and understanding.

Content slides to read and note take in preparation for future lessons and address misconceptions.

Revision for end of topic test

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5.4 Term 3

Stress management to optimise performance

Research task- How does imagery and mental rehearsal change outcomes in elite sport?

Research what elite athletes have techniques to support stress management.

Task- Why has this developed in sport over the last 20 years? Does this reflect society?

Exam questions to link content taught to examination to track progress and understanding.

Content slides to read and note take in preparation for future lessons and address misconceptions.

Revision for end of topic test

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*Contemporary
issues in
physical activity
and sport*

6.1 Term 1

Ethics and deviance in sport

Research into drugs in sport, examples to use in examinations

Research into violence in sport and examples to use in examinations

Research into match fixing and gambling in sport to use for examinations

Task- Chairperson of WADA presentation

Exam questions to link content taught to examination to track progress and understanding.

Content slides to read and note take in preparation for future lessons and address misconceptions.

Revision for end of topic test

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6.2 Term 1 and 2

Commercialisation and the media.

Research task into the impact the media has on women's sports participation

Task: how the media elevate and kills sports and performers.

Exam questions to link content taught to examination to track progress and understanding.

Content slides to read and note take in preparation for future lessons and address misconceptions.

Revision for end of topic test

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6.3 Term 2

Routes to sporting success

Research into pathways available within sports participation

Task- What sets the elite above the rest?

Research into elite pathways especially those who do not make it to elite sport.

Debate prep- is enough done to support those who do not make elite sport?

Exam questions to link content taught to examination to track progress and understanding.

Content slides to read and note take in preparation for future lessons and address misconceptions.

Revision for end of topic test

<https://www.youtube.com/c/TheEverLearner>

6.4 Term 3

Modern technology in sport

Task- Influence of the media

Research into adaptations in sport focused by technology.

Research into how technology has evolved sport.

Task- Where is sport heading? What will sports be in 2050?

Exam questions to link content taught to examination to track progress and understanding.

Content slides to read and note take in preparation for future lessons and address misconceptions.

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Speaking examination

Term 1 and 2

Preparation for oral exam-

http://scenariolearning4pe.xyz/EAPI/story_html5.html

Support online for EAPI exam

<https://www.youtube.com/watch?v=yNMOVI0PN6c>

Practical examination

Y11 onwards

Preparation for practical exam

Fitness and skills in practice

Starting at end of Y11- Collating evidence of participation sheets and results tables.