



Year 12 Physical Education



What have students at St. Crispin's been taught to understand and be able to do?

Students have been taught a wide range of topics and concepts related to sport and physical activity through the GCSE PE and BTEC Sport courses at Key Stage 4.

Core Knowledge	Core Skills
<ul style="list-style-type: none"> • Applied Anatomy and Physiology Movement Analysis Planes and Axis of movement Skeletal & muscular systems Respiratory System Cardio Vascular System. • Skill Acquisition Types of skill Theories of learning Information Processing How we learn and perform in sport. • Sport & Society Historical emergence of sport Reasons for violence in sport & hooliganism. • Exercise Physiology and Biomechanics Energy Systems & Recovery Sports Injury & Rehab Biomechanical Analysis Scalar and Vectors Linear and Angular Motion Newton's Laws and application to sports performance. • Sports Psychology Anxiety & Arousal Aggression Motivation & effective goal setting Team Cohesion Frustration/Aggression Leadership • Sport, Society & Technology in sport Commercialisation in the Sports Industry Ethics in Sport Technology in Sport. 	<p>Students must be able to demonstrate effective practical performance effectively in either an individual and team sport.</p> <p>Team Sports</p> <p>These will be performed in fully competitive situations and assessed in relation to their attacking & defensive skills</p> <p>Students will also need to select and apply relevant strategies and tactics in order to enhance their levels of performance against opposition.</p> <p>Individual Sports</p> <p>These will be assessed in fully competitive situations for 2 events or disciplines within their chosen sport.</p> <p>Coursework</p> <p>Students will further develop their observation and analysis skills as part of their written coursework. They must observe the sporting performance of elite athletes and compare it to their own drawing conclusions on their own strengths and area's to improve in fully competitive situations. The must select and apply relevant areas of theory from the course in order to support their work.</p>
<p>Practical Performance (30%) Students are assessed through an extensive piece of coursework and one practical sport.</p>	



Year 12 Physical Education continued



How has learning been assessed?

The exams and non-exam assessment (NEA) will measure how students have achieved the following assessment objectives.

AO1: Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport

AO2: Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport

AO3: Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport

AO4: Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance.

Assessment of Theory (70%):

Students are assessed through 2 x 2 hour examinations both worth 105 marks.

Assessment of Practical (30%)

Students are assessed in 1 sport (either team or individual)

They are assessed in fully competitive situations

They will also complete a piece of coursework for 1 sport on their weaknesses in fully competitive situations.