



# Year 13 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
<p><b>Applied Anatomy and Physiology</b>            Movement Analysis            Planes and Axis of movement            Skeletal &amp; muscular systems            Respiratory System            Cardio Vascular System.</p> <p><b>Skill Acquisition</b>            Types of skill            Theories of learning            Information Processing            How we learn and perform in sport.</p> <p><b>Sport &amp; Society</b>            Historical emergence of sport            Reasons for violence in sport &amp; hooliganism.</p> <p><b>Exercise Physiology and Biomechanics</b>            Energy Systems &amp; Recovery            Sports Injury &amp; Rehab            Biomechanical Analysis            Scalar and Vectors            Linear and Angular Motion            Newton's Laws and application to sports performance.</p> <p><b>Sports Psychology</b>            Anxiety &amp; Arousal            Aggression            Motivation &amp; effective goal setting            Team Cohesion            Frustration/Aggression            Leadership.</p> <p><b>Sport, Society &amp; Technology in sport</b>            Commercialisation in the Sports Industry            Ethics in Sport            Technology in Sport.</p>	<p>Students must be able to demonstrate effective practical performance effectively in either an individual and team sport.</p> <p><b>Team Sports</b></p> <p>These will be performed in fully competitive situations and assessed in relation to their attacking &amp; 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><b>Individual Sports</b></p> <p>These will be assessed in fully competitive situations for 2 events or disciplines within their chosen sport.</p> <p><b>Coursework</b></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 areas to improve in fully competitive situations. They must select and apply relevant areas of theory from the course in order to support their work.</p>



# Year 13 Physical Education continued



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

## Core Knowledge continued

### Practical Performance (30%)

Students are assessed through an extensive piece of coursework and one practical sport.

## 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.