

# EASTBURY SUBJECT CURRICULUM

<b>Subject</b>	<b>Physical Education</b>
<b>Year Group</b>	<b>Year 12 (from 2017) – A-level Physical Education</b> <b>Year 13 (finishing 2018) – Pearson Level 3 BTEC in Sport</b>
<b>Over view</b>	<p><b>A-Level Physical Education</b></p> <p>During the 2 years studying A-level PE, students will learn about many aspects of sport and performance. Learning will mainly take place within the classroom, with activities designed to teach the theory through practical.</p> <p>Student's practical performance will be assessed in one sport and they will also perform an analysis and evaluation of performance.</p> <p>Students will take three exams at the end of Year 13.</p> <p>Paper 1 – Physiological factors affecting performance (30% overall) Paper 2 – Psychological factors affecting performance (20% overall) Paper 3 – Socio-cultural issues in physical activity and sport (20% overall)</p> <p>Practical Performance and Evaluation and Analysis of Performance and Improvement (EAPI) – 30% overall mark</p>
<b>Content to be covered across 2 years</b>	
	<p>Physiological factors affecting performance</p> <ul style="list-style-type: none"> <li>• <b>Applied Anatomy &amp; Physiology</b></li> <li>• <b>Exercise Physiology</b></li> <li>• <b>Biomechanics</b></li> </ul> <p>Psychological factors affecting performance</p> <ul style="list-style-type: none"> <li>• <b>Skill Acquisition</b></li> <li>• <b>Sports Psychology</b></li> </ul> <p>Socio-cultural issues in physical activity and sport</p> <ul style="list-style-type: none"> <li>• <b>Sport and Society</b></li> <li>• <b>Contemporary Issues in Physical Activity and Sport</b></li> </ul>

<p><b>Overview</b></p>	<p><b>Pearson Level 3 BTEC in Sport</b></p> <p>During the 2 years of this course students will study many aspects of sport and performance, both practically and in the classroom.</p> <p>Assessment:</p> <ul style="list-style-type: none"> <li>• Coursework - For each internally assessed unit a number of assessment tasks including written assignments, practical performances, leadership activities, presentations and annotated diagrams. Students will be prepared for the assessment tasks and will be given class time to work on them. Students who are prepared to spend more time at home improving and completing assessment tasks will have a better chance of achieving the highest grades</li> </ul>
<p style="text-align: center;"><b>Units to be covered across 2 years</b></p>	
	<p><b><u>BTEC Level 3 Extended Diploma</u></b></p> <p>Mandatory Units:</p> <ul style="list-style-type: none"> <li>- Principles of Anatomy &amp; Physiology</li> <li>- Physiology of Fitness</li> <li>- Assessing Risk in Sport</li> <li>- Fitness Training and Programming</li> <li>- Sports Coaching</li> <li>- Sports Development</li> <li>- Fitness Testing for Sport &amp; Exercise</li> <li>- Practical Team</li> <li>- Practical Individual Sports</li> </ul> <p>Optional Units</p> <ul style="list-style-type: none"> <li>- Sports Nutrition</li> <li>- Current Issues in Sport</li> <li>- Exercise, Health and Lifestyle</li> <li>- Psychology for Sports Performance</li> <li>- Sports Injuries</li> <li>- Leadership in Sport</li> <li>- Organising Sports Events</li> <li>- Work-based Experience in Sport</li> <li>- Rules, Regulations &amp; Officiating</li> <li>- Applied Physiology for Sport</li> </ul>
<p><b>Homework</b></p>	<p>Students will complete homework tasks to consolidate their learning in the classroom and to complete sports specific research.</p> <p>Students should also use this as an opportunity to complete coursework to ensure they complete work on time to the best of their ability.</p>

<b>Additional information</b>	<ul style="list-style-type: none"> <li>• It provides a good progression route to Higher Education at Universities</li> <li>• It prepares young people for careers in the sports sector</li> <li>• BTEC qualifications are recognised by employers and educational institutions</li> <li>• It provides young people with a passion for PE and Sport with an interesting and diverse experience</li> </ul>	
<b>Useful resources</b>	<a href="http://www.btec.co.uk">www.btec.co.uk</a> <a href="http://www.brianmac.co.uk">www.brianmac.co.uk</a> <a href="http://www.bbc.co.uk/sport">www.bbc.co.uk/sport</a> <a href="http://www.skysports.com">www.skysports.com</a> <a href="http://www.sportengland.org">www.sportengland.org</a> <a href="http://www.sportscoachuk.org">www.sportscoachuk.org</a> <a href="http://www.sportsleaders.org">www.sportsleaders.org</a> <a href="http://www.youthsportstrust.org">www.youthsportstrust.org</a> <a href="http://www.thefa.com">www.thefa.com</a> <a href="http://www.rfu.com">www.rfu.com</a>	<a href="http://www.englandnetball.co.uk">www.englandnetball.co.uk</a> <a href="http://www.englandbasketball.co.uk">www.englandbasketball.co.uk</a> <a href="http://www.badmintonengland.co.uk">www.badmintonengland.co.uk</a> <a href="http://etta.co.uk/">http://etta.co.uk/</a> <a href="http://www.british-gymnastics.org">www.british-gymnastics.org</a> <a href="http://www.volleyballengland.org">www.volleyballengland.org</a> <a href="http://www.englandathletics.org">www.englandathletics.org</a> <a href="http://www.ecb.co.uk">www.ecb.co.uk</a> <a href="http://www.roundersengland.co.uk">www.roundersengland.co.uk</a>