A-LEVEL PE LEARNING JOURNEY Develop team work, leadership and independent skills Application of cross-curricular subjects (Maths, Biology, Physics, Gain dynamic Evaluation of Sociology and Psychology) to theoretical and sporting theories practical skills sporting concepts/performances Data analysis and concepts Understanding and Applying A-Level PE Skills Assessing the Demonstrate Analytical and Evaluative skills Demonstrating Understanding impact of knowledge and through sporting performance what constitutes sport on a local, sporting concepts understanding of a healthy, active national and and theories physical activity lifestyle. global scale (A01, A02, A03) Final A Preparation level **Examinations** Revision exams Drugs in Sport Concepts of Preparation Physical Activity Ethics in and Sport Commercialisation Sport NEA Preparation Sport and Society and the Role of Technology in **NEA Preparation** Paper 1 and 2 Physical Activity and Sport Revision Development of The Role of Sport Technology in **Elite Performers** and the Law Injuries/Injury Violence Sport in Sport Rehabilitation in Sport Self-Efficacy and Linear, Angular Diet and Confidence in NEA and Projectile Nutrition Sport Preparation Motion Achievement Motivation **Exercise Physiology and** Sports Psychology Preparation Biomechanical Movement Fluid Mechanics Preparation and Recovery Stress Biomechanical Leadership Attribution Methods from **Training Methods Principles** Management Theory Exercise Emergence of the The Impact of Sport on NEA Globalisation of Sport in Arousal, Anxiety Society and of Society Preparation the 21st Century and Aggression on Sport NEA reparation Sport and Society Sports Psychology Social Facilitation, **Group Dynamics** Personality, Memory Skill Acquisition and Goal Setting NEA Attitudes and Models Preparation Motivation Guidance and Feedback NEA NEA Respiratory Musculo-Skeletal Skill Acquisition Preparation Preparation System System Anatomy and Physiology Anatomy and Physiology Theories of Learning Energy Systems Neuromuscular Cardiovascular Methods and System System Types of Practice



