

# Key Stage 5 Curriculum Overview

**Subject: PE**

**Year 12**

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Assessment
<p><b>Component 01:</b> Physiological factors affecting performance</p> <p>1.1 Skeletal System and Muscular System</p> <p><b>Component 02:</b> Psychological factors affecting performance</p> <p>4.1 Classification of Skill</p> <p><b>Component 03: Socio-cultural issues in physical activity and sport</b></p> <p>6.1 Emergence and evolution of modern sport</p>	<p><b>Component 01:</b> Physiological factors affecting performance</p> <p>1.2 Cardiovascular System and Respiratory System</p> <p><b>Component 02:</b> Psychological factors affecting performance</p> <p>4.2 Types and methods of practise</p> <p><b>Component 03: Socio-cultural issues in physical activity and sport</b></p> <p>6.2 Sport in the 21<sup>st</sup> Century</p>	<p><b>Component 01:</b> Physiological factors affecting performance</p> <p>1.3 Energy Systems</p> <p><b>Component 02:</b> Psychological factors affecting performance</p> <p>4.3 Transfer of skills</p> <p><b>Component 03: Socio-cultural issues in physical activity and sport</b></p> <p>6.3 Global Sporting Events</p>	<p><b>Component 01:</b> Physiological factors affecting performance</p> <p>2.1 Diet and Nutrition</p> <p><b>Component 02:</b> Psychological factors affecting performance</p> <p>4.4 Learning theories</p> <p><b>Component 03: Socio-cultural issues in physical activity and sport</b></p> <p>6.1 Ethics and Deviance in Sport</p>	<p><b>Component 01:</b> Physiological factors affecting performance</p> <p>2.2 Preparation and training methods</p> <p><b>Component 02:</b> Psychological factors affecting performance</p> <p>4.5 Stages of learning, guidance and feedback</p> <p><b>Component 03: Socio-cultural issues in physical activity and sport</b></p> <p>6.2 Commercialisation and media</p> <p><b>Component 04: Performance in physical education (NEA)</b></p> <p>4.1 Performance or coaching of a sport.</p>	<p><b>Component 01:</b> Physiological factors affecting performance</p> <p>2.1 Injury prevention and the rehabilitation of injury</p> <p><b>Component 02:</b> Psychological factors affecting performance</p> <p>5.1 Individual differences</p> <p><b>Component 03: Socio-cultural issues in physical activity and sport</b></p> <p>6.3 Routes to sporting excellence in the UK</p> <p><b>Component 04: Performance in physical education (NEA)</b></p> <p>4.1 Performance or coaching of a sport.</p>	Internal

# Key Stage 5 Curriculum Overview

**Subject: PE**

**Year 13**

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Assessment
<p><b>Component 01:</b> Physiological factors affecting performance</p> <p>3.1 Biomechanical principles</p> <p><b>Component 02:</b> Psychological factors affecting performance</p> <p>5.2 Group and team dynamics, goal setting</p> <p><b>Component 03: Socio-cultural issues in physical activity and sport</b></p> <p>6.4 Modern technology in Sport</p>	<p><b>Component 01:</b> Physiological factors affecting performance</p> <p>3.1 Biomechanical principles</p> <p><b>Component 02:</b> Psychological factors affecting performance</p> <p>5.1 Attribution in sport</p>	<p><b>Component 01:</b> Physiological factors affecting performance</p> <p>3.2 Linear and angular motion</p> <p><b>Component 02:</b> Psychological factors affecting performance</p> <p>5.2 Confidence and leadership in sport</p> <p><b>Component 04: Performance in physical education (NEA)</b></p> <p>4.1 Performance or coaching of a sport.</p>	<p><b>Component 01:</b> Physiological factors affecting performance</p> <p>3.3 Fluid mechanics and projectile motion</p> <p><b>Component 02:</b> Psychological factors affecting performance</p> <p>5. 4 Stress management to optimise performance</p> <p><b>Component 04: Performance in physical education (NEA)</b></p> <p>4.1 Performance or coaching of a sport.</p>	<p><b>Revision</b></p>	<p><b>Revision</b></p>	<p><b>Exam 1 - Physiological factors affecting performance</b></p> <p>(01)* 90 marks 2 hour written paper</p> <p><b>Exam 2- Psychological factors affecting performance</b></p> <p>(02)* 60 marks 1 hour written paper</p> <p><b>Exam 3- Socio-cultural issues in physical activity and sport</b></p> <p>(03)* 60 marks 1 hour written paper</p> <p><b>Non-exam assessment- Performance in physical education</b></p> <p>(04)* 60 marks</p>