

Our  
Values



Pursuit  
of Excellence



Value  
our People



High Quality  
Learning  
Environment



Achievement  
for all

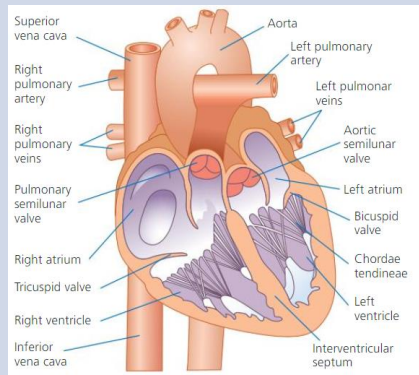


Extending the  
Boundaries  
of Learning

CMAT | Cambridge Meridian  
Academies Trust

## Key Stage 5 Physical Education

### Year 12



Students will develop knowledge and understanding of the changes within the body systems prior to exercise, during exercise of differing intensities and during recovery. Relating to changes within the musculoskeletal, cardio-respiratory and neuro-muscular systems. Then look at how skill is acquired to optimise learning in a range of physical activities. Students develop an understanding of popular and rational recreation leading to the emergence of modern sport through to the globalisation of sport in the 21st century. Lastly, understand sociological theory applied to equal opportunities in sport.

### Year 13



Students will understand the adaptations to the body systems through training or lifestyle, and how these changes affect the efficiency of those systems. Students will develop knowledge and understanding of motion and forces, and their relevance to performance in physical activity and sport. Then develop knowledge of the role of sport psychology in optimising performance. Students will develop understanding of the interaction between, and the evolution of, sport and society and the technological developments in physical activity and sport.

## Curriculum content

### AQA A-Level Specification:

<https://filestore.aqa.org.uk/resources/pe/specifications/AQA-7582-SP-2016.PDF>

#### Paper 1

Written exam: 2 hours. 105 marks

35% of A-level

Section A: Applied anatomy and physiology

Section B: Skill acquisition

Section C: Sport and society

#### NEA

Students assessed as a performer in the full sided version of one sport. 15% of A-level.

#### Paper 2

Written exam: 2 hours. 105 marks

35% of A-level

Section A: Exercise physiology and biomechanics

Section B: Sport psychology

Section C: Sport and society and technology

#### NEA

Analysis of own practical performance one practical activity and evaluate using theoretical knowledge the cause for the weaknesses.

## Curriculum Delivery

There will be eight taught hours per fortnight in the department by two different teachers. A variety of teaching styles will be used to drive passion and debate around the topics taught. Lessons will be based demonstrating and applying knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.

Written responses will be marked using the assessment objectives that cover students' use of: specialist terminology and specific knowledge, apply practical / real life scenarios to support understanding and show the ability to evaluate the effectiveness and engagement with the debate set up in the question.