



Queen Elizabeth's Girls' School

Educating Women of the Future

PE Key Stage 5 Curriculum 2023/24

	Topic/Big Question	Focus	Enrichment
Year 12	<p>Anatomy</p> <p>How changes in physiological states can influence performance in physical activities and sport?.</p>	<ul style="list-style-type: none"> ● Cardiovascular system ● Respiratory system ● Neuromuscular system ● The musculo-skeletal system and analysis of movement in physical activities ● Energy systems 	<ul style="list-style-type: none"> ● Extra curricular ● BBC sports academy ● www.teamgb.co ● www.olympic.org ● www.bbc.co.uk/sport ● www.gosh.nhs.uk/teenagers/staying-healthy/healthy-eating ● www.bbc.co.uk/sport/get-inspired
	<p>Skill acquisition</p> <p>How can you optimise the learning of new, and the development of existing, skills?</p>	<ul style="list-style-type: none"> ● Skill, skill continuums and transfer of skills ● Impact of skill classification on structure of practice for learning ● Principles and theories of learning and performance ● Use of guidance and feedback ● Memory models (Baddeley and Hitch, working memory model memory system.) ● Efficiency of information processing 	
	<p>Sport and society</p> <p>How can sociological issues influence and affect physical activity and sport for both the audience and the performer and society as a whole?</p>	<ul style="list-style-type: none"> ● Pre industrial Britain (pre-1780) ● Industrial and post-industrial (1780-1900) ● Post World War II (1950- present) ● Sociological theory applied to equal opportunities 	

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Year 13	<p>Exercise Physiology</p> <p>What key factors can affect the body's ability to perform during physical activity and sport?</p> <p>How does training impact on preventing lifestyle related diseases?</p> <p>How can biomechanical principles be used to improve performance and the prevention and treatment of injury by optimising technique, training and equipment in physical activity and sport?</p>	<ul style="list-style-type: none"> ● Diet and nutrition ● Preparation and training methods in relation to maintaining physical activity and performance ● Injury prevention ● Rehabilitation of injury ● Biomechanical principles ● Levers ● Linear motion ● Angular motion ● Fluid mechanics ● Projectile motion 	<ul style="list-style-type: none"> ● Extra curricular ● BBC sports academy ● www.teamgb.co ● www.olympic.org ● www.bbc.co.uk/sport ● www.gosh.nhs.uk/teenagers/staying-healthy/healthy-eating ● www.bbc.co.uk/sport/get-inspired
	<p>Sports Psychology</p> <p>Is personality, leadership, aggression and performance innate characteristics we are born with or do we develop them through the environment we learn and grow in?</p>	<ul style="list-style-type: none"> ● Personality ● Attitudes ● Motivation ● Achievement motivation theory ● Arousal ● Anxiety ● Aggression ● Social facilitation ● Group dynamics ● Goal setting ● Attribution theory ● Confidence and self efficacy ● Leadership ● Stress management 	

	<p>Sport and society and the role of technology in physical activity and sport</p> <p>How can ethics involved in sport and deviance affect sport and sporting behaviour?</p> <p>How does technology and commercialisation impact sport?</p>	<ul style="list-style-type: none"> ● Concepts of physical activity and sport ● Development of elite performers in sport ● Ethics in sport ● Drugs in sport ● Violence in sport ● Sport and the law ● Commercialisation and the media ● The role of technology in physical activity 	
	<p>Practical component</p>	<ul style="list-style-type: none"> ● Practical performance ● NEA coursework - analysis of performance (causes and corrections from areas of assessment of the chosen sport) 	<p>Outside of school clubs</p>