A-LEVEL PE LEARNING JOURNEY Develop team work, leadership and independent skills Application of cross-curricular subjects (Maths, Biology, Physics, Gain dynamic **Evaluation of** theoretical and Sociology and Psychology) to sporting theories practical skills sporting concepts/performances Data analysis and concepts Understanding and Applying A-Level PE Skills Assessing the Demonstrate Demonstrating Understanding Analytical and Evaluative skills impact of knowledge and what constitutes sport on a local, through sporting performance sporting concepts understanding of a healthy, active national and and theories physical activity lifestyle. global scale (A01, A02, A03) Final A Preparation level Revision **Examinations** exams NEA Paper 1 and 2 Preparation Revision The Role of Preparation Technology in CQ NEA Sport Preparation GB4 NEA Preparation and Sport and Society Revision and the Role of Technology in Physical Paper 1 and 2 **Activity and Sport** Commercialisation Revision Sport and the Law Paper 1 and 2 Drugs Revision in Sport Violence Concepts of in Sport **Physical Activity** Development of Recovery and Sport Ethics in **Elite Performers** Methods from Preparation Sport in Sport Exercise Exercise Physiology & Biomechanical Exam Preparation & Preparation Movement Sport and Society and the Role of **Exercise Physiology** Technology in Physical Activity and Sport Injuries/Injury Biomechanical NEA Linear, Angular Fluid Mechanics Rehabilitation **Principles** Preparation and Projectile Motion Attribution Self-Efficacy and Social Facilitation, Theory Achievement Confidence in Diet and **Group Dynamics** Motivation Leadership Sport Stress Nutrition and Goal Setting Management DEI Sport and Society Exam Preparation & Sports Psychology Exercise Physiology **NEA** The Impact of Sport on Preparation and Preparation NEA **Training Methods** Society and of Society GB4 Preparation on Sport BV NEA Emergence of the Respiratory Cardiovascular Preparation Globalisation of Sport in NEA System the 21st Century Preparation Musculo-Skeletal Neuromuscular System Energy Systems System System Anatomy and Physiology Anatomy & Physiology Arousal, Anxiety and Aggression Skill Acquisition Skill Acquisition Theories of Personality, Skill Acquisition Guidance and Learning Attitudes and Memory Methods and **Feedback** Motivation Models Types of Practice



