



Archbishop Beck Catholic College

KS5 Scheme of Work

Year13 Physical Education



Lesson Sequencing	The High 5 lesson : to be used throughout year	HAP further learning opportunities
<p>Section A -Exercise Physiology. Diet and Nutrition, Preparation and training methods in relation to maintaining physical activity and performance, Injury prevention and the rehabilitation of injury, Biomechanical Principles, Levers, Linear angular and projectile motion, fluid mechanics.</p> <p>Section B- Sports Psychology. Motivation, personality, achievement motivation, attitudes, aggression, anxiety, stress management, arousal, self-confidence, social facilitation, group dynamics, leadership.</p> <p>Section C - Sport Society and Technology. Ethics in sport, Sport and the law, Impact of commercialisation on physical activity and sport and the relationship between sport and the media, development of an elite performer The role of technology in physical activity and sport</p>	<p>Consolidation: Focus on revisiting Year 12 content with past exam questions, valiant vocabulary tasks and discussions. Also extended questions modelling and practice.</p> <p>Modelling: Focus on extended questions AO1, AO2, and AO3 criteria. Students to independently create plans using support material. Students able to correctly identify AO1, 2, 3 criteria in exemplar answers and critically evaluate.</p> <p>Response and Feedback: Q & A, oral feedback to whole class and individuals, improvement tasks, extension tasks, peer improvement tasks, detailed marking of written tasks, next step marking. Students to be able to identify own mistakes and self/peer asses accurately.</p> <p>Challenge: use of relevant extension tasks, use of exam pro questions focus on 8 and 15 mark extended questions for all topics. Independent research of tasks using James Morris - You Tube. Challenge tasks set in response and feedback if appropriate.</p> <p>Independence: Use of PE review articles to extend knowledge, research of coursework, identify faults and corrective measures using theoretical content. Past exam revision booklets.</p>	<p>Extension directed questioning,extended questions focus on all topics, use of authentic texts, increased use of extended vocabulary, and focus on key valiant vocabulary, challenge activities incorporated into response and feedback, peer support and self-assessment. Use of Mike Murray masterclasses to support exam progress.</p> <p>Exam board web seminars accessed recorded and presented to students delivery by chief examiners.</p> <p>Careers week and employment opportunities, university visits to exercise physiology labs. University open days. University scholar's programme and social mobility programme. Exam booklets created to support independent learning.</p>

