

Key Stage 5 PE Overview

Course overview

H555/01 Physiological factors affecting performance This component will assess:

- 1.1 Applied anatomy and physiology
- 1.2 Exercise physiology
- 1.3 Biomechanics

H555/02 Psychological factors affecting performance This component will assess:

- 2.1 Skill acquisition
- 2.2 Sports psychology

H555/03 Socio-cultural issues in physical activity and sport This component will assess:

- 3.1 Sport and society
- 3.2 Contemporary issues in physical activity and sport

H555/06 Evaluating and Analysing Performance for Improvement

- This component draws upon the knowledge, understanding and skills a learner has learnt throughout the course and enables them to analyse and evaluate a peer's performance in one activity

Key Stage 5 (12)

Course title: A Level PE

Exam board: OCR

Specification code: H555

Week beginning	Mr Armstrong	Mr Cameron	Justification of sequential planning
W/b 5th Sept 22	Introduction to course		
12 th Sept 22	1.1.a Skeletal and muscular systems - Joints, movements, and muscles	1.3.a Biomechanical principles, levers, and the use of technology – Biomechanical principles	Students will start the course by teaching body systems alongside the biomechanical element. Students will have a good starting point from their knowledge at GCSE PE, and this will allow them to build on this knowledge to develop their understanding of the body systems. It is taught alongside biomechanics as both topics are focused on movement. The skeletal and muscular systems are taught together as they need to be aware of the muscles that are used to create the individual movements at each joint.
19 th Sept 22	1.1.a Skeletal and muscular systems - Functional roles of muscles and types of contraction	1.3.a Biomechanical principles, levers, and the use of technology – Biomechanical principles	
26 th Sept 22	1.1.a Skeletal and muscular systems Functional roles of muscles and types of contraction	1.3.a Biomechanical principles, levers, and the use of technology – Biomechanical principles	
3 rd Oct 22	1.1.a Skeletal and muscular systems - Analysis of movement	1.3.a Biomechanical principles, levers, and the use of technology – Biomechanical principles	
10 th Oct 22	1.1.a Skeletal and muscular systems - Skeletal muscle contraction	1.3.a Biomechanical principles, levers, and the use of technology - Levers	
17 th Oct 22	1.1.a Skeletal and muscular systems - Muscle contraction during exercise of differing	1.3.a Biomechanical principles, levers, and the use of technology – Analysing movement	

	intensities and during recovery	through the use of technology	
October half term			
Week beginning	Mr Armstrong	Mr Cameron	Justification of sequential planning
31 st Oct 22	1.1.b Cardiovascular and respiratory systems - Cardiovascular system at rest	1.3.a Biomechanical principles, levers, and the use of technology – Levers	<p>The cardiovascular and respiratory systems again build on the knowledge and understanding from GCSE PE. Allowing an effective starting point to begin teaching new content.</p> <p>The cardiovascular and respiratory systems must be taught together as they focus on the pathway of the blood around the body and how the body effectively delivers oxygen and removes CO₂.</p> <p>Biomechanics is again taught in line with the movement analysis that has been taught through the muscular and skeletal systems and this will be linked to levers and specifically the roles of the fulcrum, effort and load.</p>
7 th Nov 22	1.1.b Cardiovascular and respiratory systems - Cardiovascular system at rest	1.3.a Biomechanical principles, levers, and the use of technology – Analysing movement through the use of technology	
14 th Nov 22	1.1.b Cardiovascular and respiratory systems - Cardiovascular system at rest	1.3.a Biomechanical principles, levers, and the use of technology – Analysing movement through the use of technology	
21 st Nov 22	1.1.b Cardiovascular and respiratory systems - Cardiovascular system during exercise of differing intensities and during recovery	1.3.a Biomechanical principles, levers, and the use of technology - Revision and topic test	
28 th Nov 22	1.1.b Cardiovascular and respiratory systems - Cardiovascular system during exercise of differing intensities and during recovery	2.1 Skill Acquisition – Classification of skills	
5 th Dec 22	1.1.b Cardiovascular and respiratory systems - Cardiovascular system during exercise of differing intensities and during recovery	2.1 Skill Acquisition – Types and methods of practice	
12 th Dec 22	1.1.b Cardiovascular and respiratory systems - Cardiovascular system during exercise of differing intensities and during recovery	2.1 Skill Acquisition – Types and methods of practice	
19 th Dec 22	1.1.b Cardiovascular and respiratory systems revision and topic test	2.1 Skill Acquisition – Transfer of skills	
Christmas holidays			
9 th Jan 23	1.1.b Cardiovascular and respiratory systems - Respiratory system at rest	2.1 Skill Acquisition – Transfer of skills	<p>We will continue to teach the cardiovascular and respiratory systems alongside each other due to the links between gaseous exchange and diffusion.</p>
16 th Jan 23	1.1.b Cardiovascular and respiratory systems - Respiratory system at rest	2.1 Skill Acquisition – Principles and theories of learning movement skills	

23 rd Jan 23	1.1.b Cardiovascular and respiratory systems - Respiratory system during exercise of differing intensities and during recovery	2.1 Skill Acquisition – Principles and theories of learning movement skills	In addition, the skills acquisition topic will be taught which allows the links between each individual area all share content. Specifically, it will begin with the classification of skills and then move onto the transfer of skills. These topics can also be taught in a practical setting, and this is (in line with core PE curriculum) several facilities are available.
30 th Jan 23	1.1.b Cardiovascular and respiratory systems - Respiratory system during exercise of differing intensities and during recovery	2.1 Skill Acquisition – Stages of learning	
6 th Feb 23	1.1.b Cardiovascular and respiratory systems - Respiratory system during exercise of differing intensities and during recovery	2.1 Skill Acquisition – Stages of learning	
13 th Feb 23	1.1.b Recap	2.1 Skill Acquisition – Guidance	
February half term			
Week beginning	Mr Armstrong	Mr Cameron	Justification of sequential planning
27 th Feb 23	1.1.c Energy for exercise - ATP and energy transfer	2.1 Skill Acquisition – Guidance	Once the body systems topic areas are complete, we will then look at the energy systems. This can only be done once the body systems have been taught as they need to have prior knowledge of muscles, movement, and the cardiovascular and respiratory systems to apply to the energy systems topic area. Having this prior knowledge is beneficial to the understanding of energy systems.
6 th March 23	1.1.c Energy for exercise - ATP and energy transfer	2.1 Skill Acquisition – Feedback	
13 th March 23	1.1.c Energy for exercise - Energy systems and ATP resynthesis	2.1 Skill Acquisition – Feedback	
20 th March 23	1.1.c Energy for exercise - Energy systems and ATP resynthesis	2.1 Skill Acquisition – Memory models	
27 th March 23	1.1.c Energy for exercise - Energy systems and ATP resynthesis	2.1 Skill Acquisition – Memory models	
Easter holidays			
17 th April 23	1.1.c Energy for exercise - ATP resynthesis during exercise of differing intensities and durations	1.3.b Linear motion, angular motion, fluid mechanics and project motion – Linear motion	Students will return to learning biomechanics through linear and angular motion, fluid mechanics and projectile motion. This will build on previous knowledge of biomechanics students completed at the beginning of the year. Environmental effects on the body will be taught together as it links the effects of altitude, which is a reduction in available oxygen to the working muscles and the effects of heat, and the thermoregulatory response to exercise. Ultimately the body's response to hot and cold.
24 th April 23	1.1.c Energy for exercise - ATP resynthesis during exercise of differing intensities and durations	1.3.b Linear motion, angular motion, fluid mechanics and project motion – Linear motion	
1 st May 23	1.1.c Recap	1.3.b Linear motion, angular motion, fluid mechanics and project motion – Linear motion	
8 th May 23	1.1.d Environmental effects on the body - Exercise at altitude	1.3.b Linear motion, angular motion, fluid mechanics and project motion – Angular motion	

15 th May 23	1.1.d Environmental effects on the body - Exercise at altitude	1.3.b Linear motion, angular motion, fluid mechanics and project motion – Angular motion	
22 nd May 23	1.1.d Environmental effects on the body - Exercise at altitude	1.3.b Linear motion, angular motion, fluid mechanics and project motion – Fluid mechanics	
May half term			
Week beginning	Mr Armstrong	Mr Cameron	Justification of sequential planning
5 th June 23	1.1.d Environmental effects on the body - Exercise in the heat	1.3.b Linear motion, angular motion, fluid mechanics and project motion – Fluid mechanics	See previous half term for justification of sequential planning.
12 th June 23	1.1.d Environmental effects on the body - Exercise in the heat	1.3.b Linear motion, angular motion, fluid mechanics and project motion – Fluid mechanics	
19 th June 23	1.1.d Environmental effects on the body - Exercise in the heat	1.3.b Linear motion, angular motion, fluid mechanics and project motion – Projectile motion	
26 th June 23	1.1.d Environmental effects on the body - Exercise in the heat	1.3.b Linear motion, angular motion, fluid mechanics and project motion – Projectile motion	
3 rd July 23	1.1.d Recap and topic catch up	1.3.b Linear motion, angular motion, fluid mechanics and project motion – Projectile motion	
10 th July 23	1.1.d Recap and topic catch up	1.3.b Recap and topic catch up	
17 th July 23	1.1.d Recap and topic catch up	1.3.b Recap and topic catch up	

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Key Stage 5 (13)

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Exam board: OCR

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Week beginning	Mr Armstrong	Mrs Scott	Justification for sequential planning
5 th Sept 22	2.2 Sports psychology - Individual differences – Personality	1.2.b Preparation and training methods - Aerobic training	Sports psychology is taught at this point as it is the alternative part to skill acquisition and will form students' paper 2. It is also vital that students start sports psychology as they will need to be able to apply this to their EAPI that they will conduct after the Christmas holidays. Additionally, types of training are also taught in preparation and training methods as it will allow students to again apply these to their EAPI.
12 th Sept 22	2.2 Sports psychology - Individual differences – Personality	1.2.b Preparation and training methods - Strength training	
19 th Sept 22	2.2 Sports psychology - Individual differences – Attitudes	1.2.b Preparation and training methods - Flexibility training/periodisation	
26 th Sept 22	2.2 Sports psychology - Individual differences – Motivation	1.2.b Preparation and training methods - Impact of training on lifestyle disease	
3 rd Oct 22	2.2 Sports psychology - Individual differences – Anxiety	1.2.b Preparation and training methods - Impact of training on lifestyle disease	
10 th Oct 22	Sports psychology - Individual differences – Arousal	3.1 Sport and Society - Emergence and evolution of sport	Students will begin to discuss sport and society, this sequence itself as it works through the different time periods, such as pre-industrial, industrial revolution and 21st century sport. This again will need to be applied into the students' EAPI so it is vital that it is taught at this point.
17 th Oct 22	2.2 Sports psychology - Individual differences – Arousal	3.1 Sport and Society - Emergence and evolution of sport	

October half term			
Week beginning	Mr Armstrong	Mrs Scott	Justification for sequential planning
31 st Oct 22	2.2 Sports psychology - Individual differences – Aggression	3.1 Sport and Society - Emergence and evolution of sport	Once students have been taught the emergence and evolution of sport they will then move onto contemporary issues in sport. This will link to 21 st century sport, as this will allow them to move onto globalisation and the Olympics in sport with a sound understanding of the changes in sport throughout the years.
7 th Nov 22	2.2 Sports psychology - Individual differences – Aggression	3.1 Sport and Society - Global sporting events	
14 th Nov 22	2.2 Sports psychology - Individual differences – Social facilitation	3.1 Sport and Society - Global sporting events	
21 st Nov 22	2.2 Sports psychology - Individual differences – Recap	3.1 Sport and Society - Global sporting events	
28 th Nov 22	2.2 Sports psychology - Group and team dynamics in sport	3.2 Contemporary issues in physical activity and sport - Ethics and deviance in sport	
5 th Dec 22	2.2 Sports psychology - Goal setting	3.2 Contemporary issues in physical activity and sport - Commercialisation and media	
12 th Dec 22	2.2 Sports psychology - Attribution	3.2 Contemporary issues in physical activity and sport - Commercialisation and media	
19 th Dec 22	2.2 Sports psychology - Confidence and self-efficacy	3.2 Contemporary issues in physical activity and sport - Routes to sporting excellence in the UK	
Christmas holidays			
Week beginning	Mr Armstrong	Mrs Scott	Justification for sequential planning
9 th Jan 23	2.2 Sports psychology - Leadership in sport	3.2 Contemporary issues in physical activity and sport - Routes to sporting excellence in the UK	
16 th Jan 23	2.2 Sports psychology - Stress management to optimize performance	3.2 Contemporary issues in physical activity and sport - Modern technology in sport	
23 rd Jan 23	EAPI Preparation and completion		Students will complete the EAPI as they will have completed the key content that they need to apply to the coursework. Completing the coursework now will allow us to form a clear picture of student's outcomes, as this will include practical, theory and coursework performance.
30 th Jan 23			
6 th Feb 23			
13 th Feb 23			

February half term			
Week beginning	Mr Armstrong	Mrs Scott	Justification for sequential planning
27 th Feb 23	1.2.a Diet and nutrition and their effect on physical activity and performance -Diet and nutrition	1.2.c Injury prevention and the rehabilitation of injury - Acute and chronic injuries	Diet and nutrition and injury prevention will be taught last as there is little application of these topic areas into the students EAPI.
6 th March 23	1.2.a Diet and nutrition and their effect on physical activity and performance -Diet and nutrition	1.2.c Injury prevention and the rehabilitation of injury - Injury prevention	In relation to diet and nutrition, students will learn the components of a diet and the impact on performance, they will go on to discuss ergogenic aids and how this could be applied to an athlete's diet to improve performance.
13 th March 23	1.2.a Diet and nutrition and their effect on physical activity and performance - Ergogenic aids	1.2.c Injury prevention and the rehabilitation of injury - Responding to injuries and medical conditions in a sporting context	Injury prevention and rehabilitation of injury will be sequenced through the discussion of types of injuries and how to prevent them, this will then lead on to the response to injuries occurring and finally the rehabilitation process for specific injuries.
20 th March 23	1.2.a Diet and nutrition and their effect on physical activity and performance - Ergogenic aids	1.2.c Injury prevention and the rehabilitation of injury - Rehabilitation of injury	
27 th March 23	1.2.a Recap	1.2.c Recap	
Easter holidays			
Week beginning	Mr Armstrong	Mrs Scott	Justification for sequential planning
17 th April 23	Exam preparation and revision	Exam preparation and revision	This time will be devoted to recap of specific areas where students feel they need to develop, and a lot of time will be spent with students to focus on their ability to answer past exam questions effectively.
24 th April 23	Exam preparation and revision	Exam preparation and revision	
1 st May 23	Exam preparation and revision	Exam preparation and revision	
8 th May 23	Exam preparation and revision	Exam preparation and revision	
15 th May 23	Exam preparation and revision	Exam preparation and revision	
22 nd May 23	Exam preparation and revision	Exam preparation and revision	
May half term			