

Croxley Danes School : Key Stage 5 Curriculum Map



Subject: PE

Exam Board: AQA ALevel PE

Key Concepts						
 Component 1: Factors Affecting Participation in Physical Activity and Sport Paper 1 – 35% of A-Level			 Component 2: Factors Affecting Optimal Performance in Physical Activity and Sport Paper 2 – 35% of A-Level			 Component 3: Non-Exam Assessment (NEA) Practical performance – 30% of A-Level
1. Applied Anatomy and Physiology	2. Skill Acquisition	3. Sport and Society	4. Exercise Physiology and Biomechanics	5. Sport Psychology	6. Sport and society and the role of technology in physical activity and sport	15% Practical 15% Written NEA
- Muscular-skeletal system (muscle fibre types, joint types, movement analysis)- Cardiovascular system (transport, regulation, venous return, responses to exercise)- Respiratory system (mechanics of breathing, control of breathing, gaseous exchange)- Neuromuscular system (motor units, muscle contraction types, PNF)- Energy systems (ATP-PC, glycolytic, aerobic)	- Classification of skill (open/closed, gross/fine, etc.)- Types and methods of practice (massed/distributed, whole/part)- Theories of learning (operant conditioning, observational learning, cognitive theory)- Guidance and feedback (types and effectiveness)- Memory models (multi-store model, levels of processing)- Stages of learning and transfer of skills-	- Pre-industrial sport (pre-1780) - Post-industrial Britain (1780–1900) - Sport in the 20th and 21st century - Social class, gender, law, education, literacy, amateurism vs professionalism - Globalisation and the golden triangle - Impact of social factors on participation	- Diet and nutrition - Ergogenic aids - Preparation and training methods - Injury prevention and rehabilitation - Linear, angular and projectile motion - Fluid mechanics and technology in sport - Levers, planes and axes - Newton's Laws, force, motion	- Personality - Attitudes - Arousal - Anxiety and stress - Aggression - Motivation - Achievement motivation theory - Confidence and self-efficacy - Social facilitation and inhibition - Group dynamics and leadership - Attribution theory - Goal setting - Leadership - Stress management techniques	- Concepts of Phy Act and Sport - Ethics and deviance in sport - Commercialisation and the media - Routes to sporting excellence in the UK - Modern technology in sport	- Performance or coaching in one sport - Written analysis and evaluation (EAPI): • Observe and evaluate strengths and weaknesses • Apply theoretical knowledge to create an action plan for improvement • Use of specialist terminology and reference to relevant theory (e.g. fitness principles, psychological or biomechanical analysis)

systems; energy continuum; recovery process)	Motivation, arousal and anxiety (Drive theory, Inverted U, Catastrophe, etc.)					
What is the Croxley vision for this subject at AQA ALevel KS5 At Croxley Danes School, our A-Level AQA PE curriculum is designed to challenge, stretch, and inspire students to think critically about the science, psychology, and societal impact of sport and physical activity. Our vision is to develop intellectually curious and driven learners who can apply advanced theoretical concepts to real-life sporting situations. Students engage with complex topics including biomechanics, skill acquisition, exercise physiology, and contemporary issues in sport, all while refining their practical performance and analysis skills. We aim to prepare students for future academic and career pathways in sport, education, health sciences, and beyond. The course cultivates independence, analytical thinking, and leadership—traits that reflect our wider CDS values and prepare students for success in higher education and life. Above all, we want A-Level PE students to leave with a deep respect for the discipline, a commitment to lifelong physical activity, and the ability to make informed, ethical decisions in sport and society.						

Key Stage 5 Year Group: 12						
	Autumn Term 1		Autumn Term 2		Spring Term 1	
key concept	2. Skill Acquisition	4. Exercise Physiology and Biomechanics	2. Skill Acquisition	4. Exercise Physiology and Biomechanics	2. Skill Acquisition	4. Exercise Physiology and Biomechanics

Content: (Know what...)	- Classification of skill (open/closed, gross/fine, etc.)- Types and methods of practice (massed/distributed , whole/part)- Theories of learning (operant conditioning, observational learning, cognitive theory)-	- Diet and nutrition - Ergogenic aids - Preparation and training methods - Injury prevention and rehabilitation -	Guidance and feedback (types and effectiveness)- Memory models (multi-store model, levels of processing)	- Diet and nutrition - Ergogenic aids - Preparation and training methods - Injury prevention and rehabilitation	Stages of learning and transfer of skills- Motivation, arousal and anxiety (Drive theory, Inverted U, Catastrophe, etc.)	- Linear, angular and projectile motion - Fluid mechanics and technology in sport - Levers, planes and axes - Newton’s Laws, force, motion
Skills: (know how...)	Students will be taught how to utilise knowledge to apply the knowledge gained to sporting situations and be taught how to analyse, justify and evaluate the prescribed theoretical content.					
Key vocabulary (5- 10 words)	Please find a link to our subjects Key Vocabulary booklet this will provide a summary for most of the knowledge needed in the course					
End of Half term assessment	Students to complete AP1 Section B paper 1 of content learned so far on the course Students to complete AP1Section A paper 2 of content learned so far on the course Students to collate and write commentary for one game of their performances	Students to complete AP2 Section B paper 1 of content learned so far on the course Students to complete AP2 section A paper 2 of content learned so far on the course Students to collate and write commentary for one game of their performances	Students to complete AP2 Section B paper 1 of content learned so far on the course Students to complete AP2 section A paper 2 of content learned so far on the course Students to collate and write commentary for one game of their performances	Students to complete AP2 Section B paper 1 of content learned so far on the course Students to complete AP2 section A paper 2 of content learned so far on the course Students to collate and write commentary for one game of their performances		
Planned trips / Clubs / links	Extra Curricular clubs that are linked to the curriculum, fixtures that are linked to winter or summer sports. Adhoc events to different sporting events will take place. We have developed school club links with wider clubs in the local area. We have built positive relationships with APEX360 and ClubHub. Students will also have opportunities for PE NEA intervention and support sessions prior to mock exams.					
Key Stage 4 Year Group: 12						
	Spring 2	Summer 1		Summer 2		

Key Concept	1. Applied Anatomy and Physiology	5. Sport Psychology	1. Applied Anatomy and Physiology	5. Sport Psychology	1. Applied Anatomy and Physiology	5. Sport Psychology
Content: (Know what...)	- Muscular-skeletal system (muscle fibre types, joint types, movement analysis)-	- Personality - Attitudes - Arousal - Anxiety and stress	Cardiovascular system (transport, regulation, venous return, responses to exercise)- Respiratory system (mechanics of breathing, control of breathing, gaseous exchange)-	- Aggression - Motivation - Achievement motivation theory - Confidence and self-efficacy - Social facilitation and inhibition	Neuromuscular system (motor units, muscle contraction types, PNF)- Energy systems (ATP-PC, glycolytic, aerobic systems; energy continuum; recovery process)	- Confidence and self-efficacy - Social facilitation and inhibition -Goal setting
Skills: (Know how...)	Students will be taught how to utilise knowledge to apply the knowledge gained to sporting situations and be taught how to analyse, justify and evaluate the prescribed theoretical content. Students will be taught how to analyse their own performance, by identifying their strengths and weaknesses, when and why they happen and create an action plan for how to improve it. Students will be taught how to utilise the skills of their chosen sport through progressively challenging drills/ tasks and in full context games.					
Key vocabulary (5- 10 words)	Please find a link to our subjects Key Vocabulary booklet this will provide a summary for most of the knowledge needed in the course					
End of Half term assessment	Students to complete Mock of Section A Paper 2, Section B paper 1 and mix of section A paper 2 & B paper 1. Students to collate and write commentary for one game of their performances Students to write a draft analysis of NEA of coursework		Students to collate and write commentary for one game of their performances Students to write a draft analysis of NEA of coursework		Students to complete Section B paper 1 and content from Section A of content learned so far on the course Students to complete Section A paper 2 and content from Section B of content learned so far on the course Students to collate and write commentary for one game of their performances	
Planned trips / Clubs / links	Extra Curricular clubs that are linked to the curriculum, fixtures that are linked to winter or summer sports. Adhoc events to different sporting events will take place. We have developed school club links with wider clubs in the local area. We have built positive relationships with APEX360 and ClubHub. Students will also have opportunities for PE NEA intervention and support sessions prior to mock exams.					

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Year 11	Autumn Term 1		Autumn Term 2		Spring Term 1	
key concept	3. Sport and Society	5. Sport Psychology & 6. Sport and society and the role of technology in physical activity and sport	3. Sport and Society	6. Sport and society and the role of technology in physical activity and sport	3. Sport and Society	6. Sport and society and the role of technology in physical activity and sport
Content: (Know what...)	- Pre-industrial sport (pre-1780) - Post-industrial Britain (1780–1900) - Sport in the 20th and 21st century	-Leadership -Stress management techniques -Concepts of Phy Act and Sport - Ethics and deviance in sport - Commercialisation and the media	- Social class, gender, law, education, literacy, amateurism vs professionalism - Globalisation and the golden triangle - Impact of social factors on participation	- Commercialisation and the media - Routes to sporting excellence in the UK - Modern technology in sport	- Globalisation and the golden triangle - Impact of social factors on participation	- Routes to sporting excellence in the UK - Modern technology in sport
Skills: (know how...)	Students will be taught how to utilise knowledge to apply the knowledge gained to sporting situations and be taught how to analyse, justify and evaluate the prescribed theoretical content. Students will be taught how to analyse their own performance, by identifying their strengths and weaknesses, when and why they happen and create an action plan for how to improve it. Students will be taught how to utilise the skills of their chosen sport through progressively challenging drills/ tasks and in full context games.					
Key vocabulary (5- 10 words)	Please find a link to our subjects Key Vocabulary booklet this will provide a summary for most of the knowledge needed in the course					
End of Half term assessment	Students to complete Section B paper 1 and content from Section A of content learned so far on the course Students to complete Section A paper 2 and content from Section B of content learned so far on the course		Mock: Students to complete Section B paper 1 and Section A and section C of content learned so far on the course Mock Students to complete Section A paper 2 and Section B and Section C of the content		Students to hand in all of their external NEA practical performances Students to hand in their completed NEA written coursework.	

	far on the course Students complete their evaluation and cause/ corrections draft. Students to collate and write commentary for one game of their performances	learned so far on the course Students complete their evaluation and cause/ corrections draft. Students to collate and write commentary for one game of their performances	
Planned trips / Clubs / links	Extra Curricular clubs that are linked to the curriculum, fixtures that are linked to winter or summer sports. Adhoc events to different sporting events will take place. We have developed school club links with wider clubs in the local area. We have built positive relationships with APEX360 and ClubHub. Students will also have opportunities for PE NEA intervention and support sessions prior to mock exams.		
Key Stage 4 Year Group: 11			
	Spring 2		
Key Concept	Revision	Revision	
Content: (Know what...)			
Skills: (Know how...)	Students will be taught how to utilise knowledge to apply the knowledge gained to sporting situations and be taught how to analyse, justify and evaluate the prescribed theoretical content.		
Key vocabulary (5- 10 words)	Please find a link to our subjects Key Vocabulary booklet this will provide a summary for most of the knowledge needed in the course		
End of Half term assessment	Students complete year 13 mock for paper 1 and paper 2 from the everlearner and hot		

	topics.	
Planned trips / Clubs / links	Extra Curricular clubs that are linked to the curriculum, fixtures that are linked to winter or summer sports. Adhoc events to different sporting events will take place. We have developed school club links with wider clubs in the local area. We have built positive relationships with APEX360 and ClubHub. Students will also have opportunities for PE NEA intervention and support sessions prior to mock exams.	

Subject: P.E **Faculty:** P.E **Last updated:** 21/08/2024

Term/ Week	CDS Data collection	Year 12 coverage A level teacher 1 (5 hours a fortnight)	year 12 Assessment	Year 12 coverage A level teacher 2 (4 hours a fortnight)	year 12 Assessment
Autumn 1		Section A- 3.2- Factors affecting optimal performance in Physical Activity and Sport 3.2.1- Exercise Physiology 3.2.1.1- Diet and nutrition and their effect on physical activity and performance		Intro to the course - reading requirements, equipment, expectations. Section B (Spec 3.1.2) Skill Acquisition 3.1.2.1 - Skill continuums, transfer of skill - 3- 4 lessons	
Autumn 2				3.1.2.2 - impact of skill classification on structure of practice for learning - 8-10 lessons	
Autumn 3				3.1.2.2	
Autumn 4		3.2.1.2 Preparation and training methods in relation to maintaining physical activity and performance		3.1.2.3 Principles and theories of learning and performance - 6 lessons	
Autumn 5				3.1.2.3 3.1.2.4 - Guidance and feedback - 2 lessons	
Autumn 6				3.1.2.5 -General information processing model - 6-8 lessons	
Autumn 7				3.1.2.5	

Autumn 8		3.2.1.3 Injury prevention and the rehabilitation of injury	AP1	Lesson contingency for catch up or revision and AP1	AP1
Autumn 9				RIT AP1 and class discussions on common errors	
Autumn 10				3.2.1.6 Efficiency of information processing 12 lessons	
Autumn 11				3.2.1.6	
Autumn 12				3.2.1.6 and <i>End of Section review and assessment</i>	
Autumn 13		Section A- 3.2.2 Biomechanical movement 3.2.2.1 Biomechanical principles		End of section mind map revision note tools	
Autumn 14				Section A - 3.1.1 Applied anatomy and physiology 3.1.1.2 Cardiovascular system - 12 lessons	
Autumn 15		3.2.2.2 Levers		3.1.1.2	
Charities Week			AP2	<i>Contingency week / revision and AP2</i>	AP2
Spring 16		3.2.2.3 Linear motion		3.1.1.2	
Spring 17					
Spring 18		3.2.2.4 Angular motion		3.1.1.3 Respiratory system 8 lessons	
Spring 19				3.1.1.3	
Spring 20		3.2.2.5 Projectile motion		3.1.1.4 Neuromuscular system 8 lessons	
Spring 21			AP3	Contingency week, revision and AP3	AP3
Spring 22				AP3 RIT and discussions (common errors)	
Spring 24		3.2.2.6 Fluid mechanics		3.1.1.4	
Spring 25					
Spring 26		Section B- 3.2.3 Sport psychology 3.2.3.1 Psychological factors that can influence an individual in physical activities		3.1.1.5 Musculoskeletal system and analysis of movement 4 lessons	

		3.2.3.1.1 Aspects of personality			
Spring 27					
Spring 28		3.2.3.1.2 Attitudes		3.1.1.6 Energy systems 12-15 lessons	
Summer 29		Mocks	Mock	Mocks	Mock
Summer 30		Mocks	Mocks	Mock	Mock
Summer 31		3.2.3.1.3 Arousal			
Summer 32			Introduce Coursework Analysis Draft due end of the year	<i>Mock RIT and common errors review in class</i>	
Summer 33		3.2.3.1.4 Anxiety			
Summer 34				3.1.1.6 continued	
Half Term					
Summer 35		<i>3.2.3.1.5 Aggression</i>			
Summer 36				<i>Review Energy systems to clarify understanding</i>	
Summer 37		3.2.3.1.6 Motivation		End of section revision mind map note tools	
Summer 38		3.2.3.1.7 Achievement motivation		Support with coursework or use weeks where students have needed more time on content	
Summer 39					
Summer 41			Analysis Draft Due		

Term/ Week	CDS Data collection	Year 13 coverage A level teacher 1 (4 hours a fortnight)	year 13 Assessment	Year 13 coverage Alevel teacher 2 (5 hours a fortnight)	year 13 Assessment
Autumn 1		3.2.3.1.8 Social facilitation		or begin Section C Sport in Society 3.1.3.1.1 Pre-industrial sport 2- lessons	
Autumn 2					
Autumn 3		3.2.3.1.9 Group dynamics	AP4		AP4
Autumn 4				3.1.3.1.2 Industrial and post industrial sport 12 lessons	
Autumn 5		3.2.3.1.10 Importance of goal setting		3.1.3.1.2	

Autumn 6		3.2.3.1.11 Attribution theory		3.1.3.1.2 - <i>plus AP4 in class</i>	
Autumn 7					
Autumn 8		3.2.3.1.12 Self-efficacy and confidence	Evaluation Draft Due	3.1.3.1.3 Post WWII sport 6-8 lessons	
Autumn 9		3.2.3.1.13 Leadership			
Autumn 10					
Autumn 11		3.2.3.1.14 Stress management		3.1.3.2 Impact of sport on society and society on sport 10-12 lessons	
Autumn 12		3.2.4 Sport and society and the role of technology in physical activity and sport 3.2.4.1 Concepts of physical activity and sport		3.1.3.2	
Autumn 13		3.2.4.2 Development of elite performers in sport		3.1.3.2	
Autumn 14		3.2.4.3 Ethics in sport		Revision	
Autumn 15		Mocks	<i>Mocks</i>	Mocks	<i>Mocks</i>
		Mocks	<i>Mocks</i>	Mocks	<i>Mocks</i>
Spring 16		3.2.4.4 Violence in sport			
Spring 17		3.2.4.5 Drugs in sport			
Spring 18					
Spring 19		3.2.4.6 Sport and the law			
Spring 20					
Spring 21		3.2.4.7 Impact of commercialisation on physical activity and sport and the relationship between sport and the media	Coursework Final Deadline with Google Plagiarism and AI detector.		
Spring 22					
Spring 24		3.2.4.8 The role of technology in physical activity and sport			

Spring 25		Paper 2 Practice Paper	Paper 2 Practice Paper		
Spring 26		Paper 2 Practice Paper	Paper 2 Practice Paper		
Spring 27		Paper 2 Practice Paper	Paper 2 Practice Paper		
Spring 28					
Summer 29					
Summer 30					
Summer 31					
Summer 32					
Summer 33					
Summer 34					
HALF TERM					
Summer 35					
Summer 36					
Summer 37					
Summer 38					
Summer 39					
Summer 41					