



BEECHEN CLIFF

**Physical Education A-level
Curriculum Booklet
2025 - 2026**

**Head of Faculty: Mr G Hawkins
Head of Subject: Mr G Hawkins**

Subject Curriculum Intent:

"I always felt that my greatest asset was not my physical ability, it was my mental ability".

Bruce Jenner (Olympic Gold Medallist 1976)

With many students choosing Beechen Cliff School due its fine reputation for sport, A-level Physical Education provides a pathway for future university courses and vocations related to this thriving industry.

By studying A-level Physical Education, students will develop a wide range of knowledge which they can apply to their own performance. Due to the nature of the course content, the subject blends well with Biology, Computer Science, Economics, Geography, Physics and Psychology.

We aim to provide the students with the opportunity to blend their interest in sport with other A-level courses, therefore enabling them to further specialise in a particular field (for example, Sports Psychology, Sports Nutrition, Sports Journalism, Sports Management, Physiotherapy or Sports Engineering). Alternatively, they may wish to maintain a wide range of interests with their non-related subject choices as they contemplate their next step.

By studying this course, students appreciate how the body works and responds to training and physical activity. They realise how skills are learned and retained in the long term memory and therefore learn the skills and attributes required to become more coachable or to become better coaches.

They understand how different personalities respond emotionally to different sporting situations and why some look to approach challenges, whilst others do all that they can to avoid failure; and why some performers become aggressive whilst most remain assertive.

Students discover how the main sports have evolved including how written rules and the development of national governing bodies have enabled sports to become globalised, how commercialism, sponsorship and the media have impacted sport both positively and negatively.

They discover the possible benefits of ergogenic training aids and the implications for banned substances in sport and how some technology has become an important addition to sports whilst other technology is seen as a hindrance.

Students also look at the Olympics and discover the 'shop window effect' that this can have on a country and why sport is used as such an important vehicle to gain status.

Subject Curriculum Implementation:

The vast majority of Bath schools (and schools in the surrounding area) follow the AQA Exam Board for Physical Education at GCSE. Therefore, by following the AQA syllabus at Key Stage 5, we are able to build on students' prior knowledge and the skills that they developed whilst studying this subject in Years 10 and 11. For those who are new to the subject, we always start with a topic recap and reinforce any key words before building and developing our learning, meaning it is always possible to catch up. Students are always encouraged to share their knowledge with the class as we assess prior understanding before starting every new topic. Topic discussions are frequently created in order to get students used to analysing and evaluating a subject, which is a skill they require for the extended responses in the exams. Further assessment occurs through end of topic tests, end of year exams and mock exams. To help reinforce our teaching and help students unpackage their learning, we provide every student with an account to 'The Everlearner'. The Everlearner is a software package which provides a presentation for every topic on the course. It allows students to watch, pause, re-watch, make notes, and then review their knowledge via 'Checkpoint' tests. This account can be accessed via a computer, tablet or smartphone, so can be used during independent study time at school or at home. As staff, we can observe how much time a student has spent performing a task, the score they gained in the Checkpoint test, and any retests that they may have performed. This enables us to have an additional means to check students' understanding of the topics and intervene with further help, when required.

Topics for the course have been split and sequenced over the two years of study. This means that content that will predominantly feature in Paper 1 of the exam are taught in Year 12, and topics that will predominantly feature in Paper 2 of the exam are taught in Year 13. The course is taught by experienced subject specialists. We have found that this helps students to organise their folders, which in turn aids their revision and therefore their ability to form schema and to remember what they have learned. We constantly try to bring in past topics into our teaching and we include tasks that rely on prior learning into our lesson starters and assessments to help to reinforce the memory of knowledge in the long term. We also allocate time at the end of the course to refresh subject knowledge on the topics taught at the start of our academic journey. Each year, the students are taught three discrete sections of the course. In year 12, we cover Applied Anatomy and Physiology, Skill Acquisition and Sport and Society. In Year 13 we then build on this with Exercise Physiology and Biomechanical Movement, Sport Psychology and Sport and Society and the Role of Technology in Physical Activity and Sport.

At the end of year 12, following the end of year exams, designated lesson time is allocated to the Non-Examined Assessment (NEA) coursework. This part of the course is performed at this stage in order to relieve some of the stress and pressure of having to complete it in the students' final year. It also enables time to be given in Year 13 to collate the evidence required for the full competitive practical assessment of their chosen sport. For this, video evidence is normally used and timelines are created to indicate both core and advanced skills being used consistently.

Allocated Curriculum Time:

	Lower Sixth	Upper Sixth
Fortnightly lesson allocation	8	8

Course Information

Exam Board: AQA

Specification: A-level Physical Education (7582)

Lower Sixth

Term	Curriculum Foci Areas	Assessment
1	<p>Applied Anatomy and Physiology</p> <ul style="list-style-type: none">• The Cardiovascular System <p>Skill Acquisition</p> <ul style="list-style-type: none">• Skill, skill continuums and transfer of skills <p>Sport and Society</p> <ul style="list-style-type: none">• Emergence of globalisation of sport in the 21st century - Pre-industrial (pre-1780) <p>Key Skills / Coursework / PSAs / Deadlines</p> <ul style="list-style-type: none">• Introduction to the Cornell Note Taking Method• Familiarisation with 'The Everlearner'.• NEA Practical Ongoing	<p>End of Topic Tests End of Unit Tests</p> <p>Students start collecting video evidence of their fully competitive sports matches.</p>
2	<p>Applied Anatomy and Physiology</p> <ul style="list-style-type: none">• The Respiratory System <p>Skill Acquisition</p> <ul style="list-style-type: none">• Impact of skill classification on structure of practice for learning <p>Sport and Society</p> <ul style="list-style-type: none">• Emergence of globalisation of sport in the 21st century - Industrial and post-industrial (1780–1900) <p>Key Skills / Coursework / PSAs / Deadlines</p> <ul style="list-style-type: none">• NEA Practical Ongoing	<p>End of Topic Tests End of Unit Tests</p> <p>Students collect video evidence of their fully competitive sports matches.</p>
3	<p>Applied Anatomy and Physiology</p>	End of Topic Tests

Aspiration

Compassion

Independence

Respect

	<ul style="list-style-type: none"> Sociological theory applied to equal opportunities (Cont) <p>Coursework</p> <ul style="list-style-type: none"> One lesson per week is allocated to coursework, but independent study time is also required. <p>Key Skills / Coursework / PSAs / Deadlines</p> <ul style="list-style-type: none"> Coursework NEA (Non-Examined Assessment) First Draft Deadline 1st week of July NEA Practical Ongoing 	<p>Students collect video evidence of their fully competitive sports matches.</p>
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Upper Sixth

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Reading List

- **AQA A-level PE (Year 1 and Year 2)** by Carl Atherton , Sue Young, et al.
- **My Revision Notes: AQA A-level PE** by Sue Young, Symond Burrows, et al.
- **PE Review Magazine** - Available to borrow from the Physical Education Department.
- **Bounce: The of Myth of Talent and the Power of Practice** by Matthew Syed
- **Outliers: The Story of Success** by Malcolm Gladwell

Websites

- <https://filestore.aqa.org.uk/resources/pe/specifications/AQA-7582-SP-2016.PDF>
- <https://theeverlearner.com/>
- <https://www.youtube.com/channel/UCChU8cYZY5xpO7pBIklu3Xw>

Studying/Revision Information

Ongoing Studying

Use your private study time to develop your independent study skills (not just to complete homework)

- Keep up-to-date with sporting news stories and events.
- Watch and become knowledgeable about a variety of different sports. In particular, pay close attention to the ones listed in the specification, as this could come up in exam questions.
- Following a lesson, try to find an alternative resource to read around the topic.
- Ask to borrow our PE Review magazines, to research topics further and pick up on examination tips.
- Ensure that your notes are filed and kept in order. You should have a Paper 1 file and a Paper 2 file.

Revision

How to prepare for assessments:

- Set time aside every week to review notes.
- Try to use the Cornell note taking technique as the page summary at the bottom of each page will help you to find notes on certain topics.
- Use the lesson content organisers to check understanding for each topic.
- Make use of 'The Everlearner'

Useful resources

Recommended revision guide, websites, textbooks etc:

- My Revision Notes: AQA A-level PE, by Sue Young, Symond Burrows, Michaela Byrne, Hodder
- <https://theeverlearner.com/>
- <https://drive.google.com/drive/folders/1wkMO2iK-xIPnsB9LPefhyYIXBFXhX2oZ?usp=sharing>
- <https://www.youtube.com/channel/UCChU8cYZY5xpO7pBIklu3Xw>

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Final Assessment Structure:

Component	Weighting (%)	Content	Proposed Examination Date
Paper 1	35	<ul style="list-style-type: none"> • Written Paper • Section A: Applied anatomy and physiology • Section B: Skill acquisition • Section C: Sport and society • 2 hour written paper • 105 marks • Combination of multiple choice, short answer and extended writing questions • Including use of data 	May/June of Year 13
Paper 2	35	<ul style="list-style-type: none"> • Written Paper • Section A: Exercise physiology and biomechanics • Section B: Sport psychology • Section C: Sport and society and technology in sport • 2 hour written paper • 105 marks • Combination of multiple choice, short answer and extended writing questions • Including use of data 	May/June of Year 13
NEA	30%	<ul style="list-style-type: none"> • Practical performance in physical activity and sport – 15% • Written analysis and evaluation of performance – 15% • 90 marks • One activity (45 marks) plus written analysis and evaluation (45 marks) • Internal assessment, external moderation 	March of Year 13

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