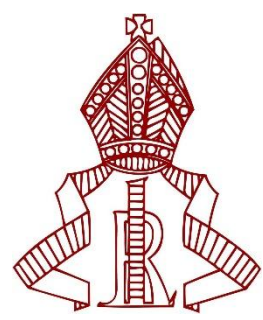


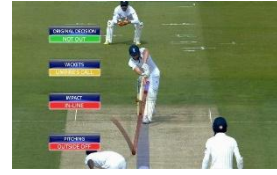
# Physical Education Exams Learning Journey



"Always our best because everyone matters"



**Sport and Society and the Role of Technology in Sport**  
Develop understanding of the interaction between, and the evolution of, sport and society and the technological developments in physical activity and sport.



**Non Examined Assessment**  
Pupils will perform in their chosen sport, successfully implementing strategies and tactics. Then analyse and evaluate their performance in their chosen sport, applying relevant knowledge and understanding of theories, concepts

**Exercise physiology**  
Demonstrate understanding of the adaptations to the body systems through training or lifestyle, and how these changes affect the efficiency of those systems.



**Sports Psychology**  
Develop knowledge and understanding of the role of sport psychology in optimising performance in physical activity and sport.



YEAR 13

Y12 exams



**Sport and Society**  
Develop knowledge and understanding of the interaction between, and the evolution of sport and society.



**Applied Anatomy and Physiology**  
Develop knowledge of the changes within the body systems prior to and during exercise of differing intensities and during recovery.



**Skill Acquisition**  
Understand the principles required to optimise learning of new, and the development of existing, skills in a range of physical activities.

YEAR 12

A-Level PE

Unit R184 - exam

GCSE PE exam

**Topic area 5 – The use of technology in sport.**

**Topic area 4 – The role National Governing Bodies play in the development of their sport.**

**Topic area 3 – The implications of hosting a major sporting event for a city or country.**

**Topic area 2 – The role of sport in promoting values.**

**Topic area 1 – Issues which affect participation in sport.**

**Unit R184 – Contemporary issue in sport**

**Topic area 5 – Reviewing your own performance in planning and leading a sports activity session..**

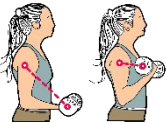
**Non Examined Assessment**  
Analyse strengths and weaknesses of performance to bring about improvement.

**Socio-Cultural Factors**  
Understanding of the socio-cultural factors that impact on physical activity and sport, and the impact of sport on society.

Mock exams

**Physical Training**  
Understand the principles of training and different training methods in order to plan, carry out, monitor and evaluate personal exercise and training programmes.

**Sport Psychology**  
Develop knowledge and understanding of the psychological factors that can affect performers in physical activity and sport.



YEAR 11

**Movement Analysis**  
Develop knowledge and understanding of the basic principles of movement and their effect on performance in physical activity and sport.

**R185 – Performance and leadership in sports activities**

**Topic area 1 – Key components of performance for athletes.**

**Topic area 2 – Applying practice methods to support improvement in a sporting activity.**

**Topic area 3 – Organising and planning a sports activity session.**

**Topic area 4 – Leading a sports activity session..**

**Topic area 2/3 – Positive and negative effects of the media in sport**

**Topic area 1 – The different sources of media that cover sport.**

**R186 – Sport and the media**



Mock exam



**Applied Anatomy and Physiology**  
Develop knowledge and understanding of the key body systems and how they impact on health, fitness and performance in physical activity and sport.

**Health, Fitness and Wellbeing**  
Develop knowledge of the benefits of participating in physical activity and sport to health, fitness and wellbeing.

**Practical Performance** in three sports in the role of a player/performer. One individual activity, one team activity and third either individual or team.



YEAR 10

CNAT Sport Studies

GCSE PE

