

KS5 – Year 13 – PE A Level

Term	Topic Titles	Brief Overview
1	Exercise Physiology - Energy for Exercise	Learners will develop their knowledge and understanding of Adenosine Triphosphate (ATP) as energy currency, along with the principle of the coupled reactions and resynthesis of ATP. The detail of the different energy systems will be known and learners will understand the energy continuum and factors that affect the interplay of the energy systems.
	Recovery	Learners will develop their knowledge and understanding of the effect of exercise intensity on excess post exercise oxygen consumption (EPOC) and implications of the recovery process for planning exercise or training sessions related to physical activities and sports.
2	Exercise Physiology - Injury Prevention	Learners will develop their knowledge and understanding of acute and chronic injuries related to physical activities and sports. The prevention of injury will also be known by understanding the risk factors and the relative value of warm up and cool down routines used in physical activities and sports. Learners will develop their knowledge and understanding of how we might respond to injuries and medical conditions in a sporting context. Rehabilitation of injury will be understood by knowing about common sports injuries and common treatments
	Biomechanics for Movement	The definitions and creation of linear motion and angular motion will be known and learners will be able to make calculations for quantities of linear and angular motion. Learners will develop their knowledge and understanding of fluid mechanics, including factors that impact the magnitude of air resistance (on land) or drag (in water) on a body or object. Learners will also develop their knowledge and understanding of projectile motion, including the application of Bernoulli's principle
	Sport and Society -	Learners will develop their knowledge and understanding of the positive and negative impacts of commercialisation and the media on physical activity and sport. The routes to sporting excellence in the UK will be known and the roles of key organisations to develop excellence will also be understood. The important and developing influences of modern technology in physical activities and sport will be understood as well as its impact on participation, fair outcomes and entertainment
	Anatomy Physiology/Exercise Physiology - Revision techniques	Revision and Examology in preparation for exams
	Sport and Society- Revision techniques	