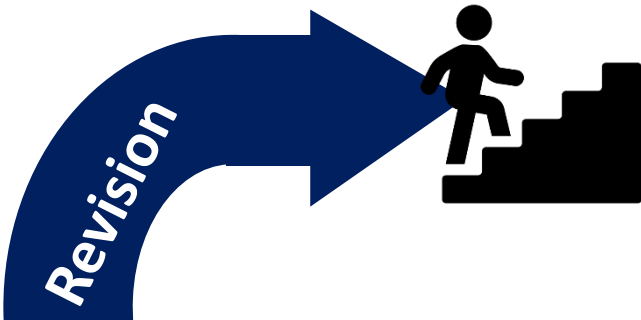


# A-Level Physical Education Learning Journey



Revision

Prelims

3.2.2.6 Fluid Mechanics

3.2.2.5 Projectile Motion.

3.2.2.4 Moment of Inertia.

3.2.2.4 Angular Motion.

3.2.2.3 Linear Motion. Impulse.

3.2.2.3 Linear Motion. Forces Acting on a Performer.

3.2.2.3 Linear Motion. Graphs of Motion.

3.2.2.3 Linear Motion. Graphs of Motion.

## Paper 2 - Section A, Section B, Section C

3.2.4.8 The role of technology in physical activity & sport

3.1.6.1.13 Leadership

3.2.4.7 Impact of commercialization/ Sport & the media

3.1.6.1.12 Self efficacy & confidence

3.2.4.6 Sport & the law

3.2.3.1.11 Attribution theory

3.2.2.3 Linear Motion. Scalars and Vectors.

3.2.2.2 Levers

3.2.2.1 Measurements used in linear motion

3.2.2.1 Newton's Laws of Linear Motion

3.1.6.1.7 Social Facilitation

3.1.6.1.8 Group Dynamics

3.2.4.5 Drugs in sport

3.1.6.1.9 Goal setting

3.2.4.4 Violence in sport

## Paper 2 - Section A, Section B, Section C

3.2.1.3 Injuries. Recovery Methods

3.2.1.2 The importance of a Warm up and Cool Down

3.2.1.2 Principles of Training

3.2.1.2 Training Methods

3.2.1.3 Injuries. Types of Injury

3.2.1.3 Injuries. Injury Prevention Methods

3.2.1.3 Injuries. Injury Rehabilitation Methods

3.1.6.1.6 Motivation

3.2.1.2 Key data terms for laboratory conditions.

3.2.1.1 Supplements to boost performance.

3.2.1.1 Diet manipulation

3.2.1.1 Diet in Sport

3.2.1.1 Balanced Diet

3.2.4.3 Ethics in sport

## Paper 2 - Section A, Section B, Section C

2024-25 (2022-23)

3.1.6.1.5 Aggression

3.1.6.1.14 Stress management

3.2.4.2 Development of elite performers

3.1.6.1.4 Anxiety

3.1.6.1.3 Arousal

3.1.6.1.2 Attitudes

3.2.4 Concepts of physical activity and sport

3.1.6.1.1 Personality

NEA: ANALYSIS (year 12)

NEA: EVALUATION (year 13)

3.1.2.5 Information Processing. Working Memory and Long-term memory.

3.1.2.5 Information Processing. Features and Functions of the memory system.

3.1.3.2.1 Sociological theory applied to equal opportunities

3.1.2.5 Information Processing. Storing Information.

3.1.2.5 Information Processing. Schema Theory.

3.1.2.5 Information Processing. Response Time.

3.1 The Emergence of elite female athletes in modern-day sport

3.1.1.6 Energy System Impact of specialist training methods on energy systems.

3.1 Rationlisation and modern day development of track and field athletics

## Paper 1 - Section A, Section B, Section C

3.1.1.6 Energy System EPOC

3.1.1.6 Energy System OBLA

3.1.1.6 Energy System Factors affecting lactate accumulation

3.2.1.2 Periodisation

3.1.1.6 Energy System Factors affecting VO2 max

3.1.1.6 Energy System Measurements of Energy Expenditure

3.1.2.5 Information Processing. The memory system.

3.1.1.6 Energy System Difference in ATP Production in MF's

3.1.1.6 Energy System Continuum.

3.1.1.6 Energy System Aerobic System

3.1.1.6 Energy System Anaerobic Glycolytic System

3.1.1.6 Energy System ATP-PC

3.1.1.6 Energy Transfer

3.1.1.4 Planes and Axes

## Paper 1 - Section A, Section B, Section C

3.1.2.5 Information Processing and Memory.

3.1 Rationlisation and modern day development of lawn tennis

2.2 Purpose and types of feedback

2.2 Methods of guidance

2.2 Theories of Social Insight Learning - Gestaltist Theories

2.2 Theories of Social Development Theory - Vygotsky

3.1.1.4 Types of Joints

3.1.1.4 The motor unit

3.1.1.4 Types of Muscle Fibre

2.2 Learning Plateaus

3.1 Amateur and Professionalism

2.2 Theories of Learning :- Operant Conditioning Positive and Negative reinforcement and Punishment

2.2 Theories of Learning :- Observational Learning - Bandura

3.1 The Emergence of elite female footballer in modern day sport

3.1.1.4 Types of muscular contraction

2.2 3 Stages of Learning

## Paper 1 - Section A, Section B, Section C

3.1.1.2 Redistribution of blood, control of blood flow, A-VO2 diff

3.1.1.3 The respiratory system - review of the structure of the lungs

3.1.1.3 Mechanics of breathing - lung volumes

3.1.1.3 Gaseous exchange the regulation of pulmonary ventilation during exercise

3.1.1.3 Impact of poor lifestyle choices on the respiratory system

3.1.1.4 The Neuromuscular system

3.1.1.4 PNF (proprioceptive neuromuscular facilitation)

3.1.1.4 Agonists and Antagonists

2.1 Types of practice

3.1.1.2 Blood Pressure, Venous return, transportation of oxygen

3.1.1.2 The Vascular System

3.1.1.2 The Impact of physical activity and sport on the health of the individual

3.1.1.2 The impact of physical activity on stroke volume, heart rate and cardiac output

3.1.1.2 The Cardiovascular system

3.1 The British Empire

## Paper 1 - Section A, Section B, Section C

2023-24

2.1 Methods of presenting practice

3.1 Social and cultural influence on the development of rational recreation 1780-1900

2.1 Impact of skill classification on the structure of practice for learning

2.1 Skill Classification

3.1 Pre-industrial Britain : Popular Recreation

2.1 Skill Characteristics



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