



Sir John Cass Red Coat School Programme of Study – Key Stage 5

Subject: PE – Sport Science

Year 12	Year 13
<p><b>Topics Covered/ Areas of Focus:</b></p> <p>In the first year there are two main study topics. The first of these covers the beneficial effects of a healthy lifestyle and includes subjects like the physiological effects of exercise and how people acquire sports skills.</p> <p><b>Unit 1 – PHED1</b>  <b>Opportunities for and the effects of leading a healthy and active lifestyle</b>  60% of AS, 2 hour written examination 84 marks  Two sections:  Section A – six structured questions  Section B – application of theoretical knowledge to a practical situation. Available in June only.</p> <p>In the second study topic you'll learn how to analyse and evaluate an athletes' performance, how to improve performance, and the factors affecting gaining new skills.</p> <p><b>Unit 2 – PHED2</b>  <b>Analysis and evaluation of physical activity as a performer and/or in an adopted role/s</b>  40% of AS, Internal assessment with external moderation. Candidates perform, analyse and evaluate the execution of core skills/techniques in isolation and in structured practice as either a player/performer and in an adopted role or two adopted roles. Available in June only</p>	<p><b>Topics Covered/ Areas of Focus:</b></p> <p>In the second year you'll have two main study topics again. The first continues with the theme of optimising the performance of an athlete. This includes how physiology can improve performance for elite athletes, as well as studying the important topics within sport today.</p> <p><b>Unit 3 – PHED3</b>  <b>Optimising performance and evaluating contemporary issues within sport</b>  30% of A2, 2 hour written examination 84 marks  Three sections:  Section A – how exercise physiology can optimise performance  Section B – how application of psychological knowledge can optimise performance  Section C – contemporary influences in sport and their impact on the performer. Available in June only.</p> <p>The second study topic looks at performance in competitive situations. This includes the observation and analysis of weaknesses, along with ways of correcting any errors the athlete is making.</p> <p><b>Unit 4 – PHED4</b>  <b>Optimising practical performance in a competitive situation</b>  20% of A Level, Internal assessment with external moderation 120 marks  Candidates perform, analyse and evaluate their own performance, identify areas of performance that they could improve, and suggest causes and appropriate corrective measures. Available in June only</p>

**Skills Development & Expected Progress:**

The subjects you learn about will be invaluable at a personal level and will help you to be better at sport, no matter what your standard. This A Level also opens up a whole number of career options.

Like sport scientist, physiotherapist,  
or working for a national governing body.

PE goes well with other subjects. If you want a career in physical education you might also consider courses like Human Biology. But no matter what your career ambition, if you are passionate about sport, this course is great to take alongside other topics.

**Expected Progress by the end of Year 12**

Most students will achieve a grade (C).

**More than expected progress by the end of Year 12**

Some pupils will achieve a grade (B) or (A\*-A).

**Skills Development & Expected Progress:**

The subjects you learn about will be invaluable at a personal level and will help you to be better at sport, no matter what your standard. This A Level also opens up a whole number of career options.

Like sport scientist, physiotherapist,  
or working for a national governing body.

PE goes well with other subjects. If you want a career in physical education you might also consider courses like Human Biology. But no matter what your career ambition, if you are passionate about sport, this course is great to take alongside other topics.

**Expected Progress by the end of Year 13**

Most students will achieve a grade (C) or (B) grade.

**More than expected progress by the end of Year 13**

Some pupils will achieve an (A\*-A) grade.

**Assessment:**

In the first year you'll have two assessments. The first is a written paper which covers the first study topic of the year. This paper accounts for 60% of your marks for the year. The second assessment is a practical exercise where you will be marked as a player and/or coach and/or official, depending on your personal goals. This practical assessment is based on the second study topic of the year and accounts for 40% of your marks for the year. A pass is recognised with an AS level.

The assessment for the second year is the same.

A two hour paper on the first study topic of the year accounts for 60% of your marks. Then a practical performance in a competitive situation as a coach, official or performer, along with your written presentation on how to correct weaknesses in an athlete, will account for the remaining 40% of marks for the year.

**Literacy:**

Students should be able to express ideas and information clearly, precisely, accurately and appropriately in spoken & written communication. In writing, students should write accurately and fluently choosing content and adapting style and language to a wide range of forms, media, contexts, audiences and purposes. In reading, students should understand how meaning is constructed through words, sentences and whole texts, recognising and responding to the effects of language variation.

**Numeracy:**

Students should be able to use calculators effectively and efficiently. They should also be able to change the subject of an equation and substitute numerical values into simple formulae and equations using appropriate units.

**ICT:**

Students will need to use ICT especially in their practical coursework element to aid analysis of their sports performance in physical activities.

**ICT:**

Students will need to use ICT especially in their practical coursework element to aid analysis of their sports performance in relation to elite performers in their choice of physical activity.

**Life in Modern Britain:**

Health and Safety regulations & Rules/Laws of Sport

Olympic and Paralympic Values (FRED ICE)

Friendship – how, through sport, to understand each other despite any differences

Respect – fair play; knowing one's own limits; and taking care of one's health and the environment

Excellence – how to give the best of oneself, on the field of play or in life; taking part; and progressing according to one's own objectives

Respectful dialogue/ feedback in activities.

**SMSC:**

The PE Department offer a range of Spiritual, Moral, Social and Cultural experiences through PE lessons and the many extra-curricular activities that take place.

These SMSC experiences are based on the Olympic and Paralympic Values of Friendship, Respect, Excellence, Determination, Inspiration, Courage and Equality. (FRED ICE)

**Meeting the needs of individual students & Additional Support:****Meeting the needs of Individual Students**

Students working as group leaders, captains

Use of ICT

Range of tasks and teaching styles

Outstanding work displayed

**Additional Support for Learning**

Differentiated activities are available to meet students' needs.

**Extra-Curricular Activities & Club:**

There is a full programme of extra-curricular activities and clubs that changes termly and are run before-school, after-school and at weekends. Please see the timetable for further details of clubs to get involved in or see a member of the PE department.

**Independent Study/ Homework:**

Students are expected to complete a minimum of 1 hour of homework per week to aid their study. In addition to this there will be revision classes and extension classes to help the students achieve their potential in this subject.

**Resources for Learning Support and VLE:**

Useful websites:

[www.1st4sport.com](http://www.1st4sport.com)

[www.britannica.com](http://www.britannica.com)

[www.sportsearch.org.uk/governing\\_bodies/ngbs/index.html](http://www.sportsearch.org.uk/governing_bodies/ngbs/index.html)

[www.bioanim.com](http://www.bioanim.com)

[www.innerbody.com](http://www.innerbody.com)

[www.thelssa.com/lssa/main.asp](http://www.thelssa.com/lssa/main.asp)

[www.ncbi.nlm.nih.gov/entrez/query.fcgi](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi)

[www.pponline.co.uk](http://www.pponline.co.uk)

[www.schoolzone.co.uk](http://www.schoolzone.co.uk)