

# PE A-LEVEL KS5

**YR12**

  Biology, Sociology

## Anatomy and Physiology

What is applied anatomy and physiology?  
How do each of the body systems work and what responses/adaptations take place as a result of exercise?

  Biology, Sociology

## Sport and Society

How is sport influenced by society?  
How has sport developed over time into modern day activities and competitions?

  Biology, Sociology

## Exercise Physiology

What is Exercise Physiology?  
How does diet, nutrition and ergogenic aids affect performance?  
How does physical preparation influence performance?  
How can injury be prevented?

Sports Day

Sports Leaders

Ski Trip

Sports Leaders

  Physics, Drama

## Biomechanics

What is Biomechanics?  
How can an understanding of the biomechanical principles, lever systems and associated technology improve a sporting performances?  
How are linear motion, angular motion and fluid mechanics applied to sporting performances?

  Biology, Sociology

## Contemporary issues in sport

What are the contemporary issues in relation to physical activity?

  Physics, Drama

## Contemporary issues in sport

What are the contemporary issues in relation to sport?  
How does this affect participation?

### Exam preparation

How can I make sure I am revising effectively for this subject?  
How do I memorise and recall knowledge I need for the exam?  
How do I maximise marks in this subject's exam?  
What are the gaps in my knowledge and how can I address them?  
How do I approach exam questions in this subject to ensure I reach the highest grade?  
What do I need to do to prepare myself for university courses?  
What do I need to do to prepare myself for employment?

**YR13**

  Psychology, Drama, Music


## Evaluation of performance

What is evaluation and analysis of performance important?  
How can I evaluate a performance in my sport in relation to socio-cultural and physiological factors/elements?

  Psychology, Drama, Music

## Skill Acquisition

What is skill acquisition?  
What is the role of skill acquisition in the development of a sports performance?

  Psychology

## Psychological concepts

What are Psychological concepts?  
How do psychology concepts affect sports performance?

  Psychology

## Evaluation of performance

How can I evaluate a performance in my sport in relation to psychological factors/elements?  
What action plan could be put in place in order for an improvement in performance to take place, taking into consideration physiological, sociological and psychological factors/elements?

Sports Day

Ski Trip

### Coursework preparation and completion

How can I make sure my notes are effectively organised for this subject?  
How do I recall and apply knowledge to the task?  
How do I maximise marks in this subject's coursework?  
What are the gaps in my knowledge and how can I address them before the deadline date?  
How do I approach coursework tasks in this subject to ensure I reach the highest grade?  
How do I approach exam questions in this subject to ensure I reach the highest grade?  
What do I need to do to prepare myself for university courses?  
What do I need to do to prepare myself for employment?