

# PHYSICAL EDUCATION



**BEVERLEY  
JOINT  
SIXTH**



## YEAR 12 – AS LEVEL 2012

### **Anatomy and Physiology (20%)**

- The skeletal and muscular systems
- Motion and movement
- The cardiovascular and respiratory systems in relation to the performance of physical activity

### **Acquiring Movement Skills (20%)**

- Classification of motor skills and abilities
- The development of motor skills
- Information processing
- Motor control of skills in physical activity
- Learning skills in physical activity

### **Socio-Cultural Studies relating to participation in physical activity (20%)**

- Physical activity
- Sport and culture
- Contemporary sporting issues

### **Coursework (40%)**

- Performance in activities
- Evaluating and planning for the improvement of performance

## YEAR 13 – A2 LEVEL

### **Historical Studies**

- Popular recreation in pre-industrial Britain
- Rational recreation in post-industrial Britain
- 19<sup>th</sup>-century public schools and their impact on the development of physical activities and young people
- The developmental stages of athleticism in 19<sup>th</sup>-century public schools
- Case Studies
- Drill, physical training and Physical Education in state schools

### **Sports Psychology**

- Individual aspects of performance
- Group dynamics of performance and audience effects
- Mental preparation for physical activity

### **Exercise and Sport Physiology**

- Energy
- Health components of physical fitness
- Application of the principles of training
- Performance enhancement

### **Coursework (30%)**

- Performance in activities
- Evaluation, appreciation and the improvement of performance

**Career Opportunities:** Sports Coaching, Sports Teaching, Physiotherapy.