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**SIXTH**  
**FORM**



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**PE**  
**YEAR 13** Curriculum Newsletter

**Contact**



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# Curriculum Intent

A high-quality Physical Education curriculum inspires all students to participate in a broad and balanced curriculum. It should provide opportunities for students to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities, build character and help to embed values such as fairness and respect. We also aim to develop the social and emotional well-being of our students.

## Year 13 Curriculum

At Key Stage 5 we offer two PE and Sport courses; A Level Physical Education and CTEC Sport and Physical Activity that can be chosen as a single option (worth 1 A Level) or the double option (equivalent to 2 A Levels).

A-Level PE is split up in 3 main areas that correspond to the three exams undertaken at the end of Year 13:

Psychological Factors Affecting Performance:

- Applied anatomy and physiology
- Exercise Physiology
- Biomechanics

Skill Acquisition - the focus is on memory models

Sports Psychology - the focus is on attribution, self-efficacy in sports performance, leadership in sport and stress management to optimise performance

Contemporary issues in physical activity and sport - the focus is on ethics and deviance in sport, commercialisation and media, routes to sporting excellence in the UK and modern technology in sport.

In addition to the exam units students are assessed in one practical sport over their two years and have to collect video evidence and keep a log of their competitive performances.

Finally, they have to complete their EAPI, evaluating and analysing performance for improvement - this is a live exam where students analyse a sports performer in an activity of their choice and then verbally explain the strengths and weaknesses of the performance they watch and produce a development plan of how that performer could improve a major area of weakness that the student identifies.

CTEC Sport and Physical Activity

The Single option (1 A Level) are taught and assessed in 3 units in Y13, these consist of 2 coursework units and 1 exam:

- Unit 3: Sport organisation and development
- Unit 17: Sports injuries and rehabilitation
- Unit 11: Physical activity for specific groups

The double option (2 A Levels) are taught and assessed in 5 units in Y13, these consist of 3 coursework units and 2 exams:




- Unit 3: Sports organisation and development
- Unit 4: Working safely in sport and exercise
- Unit 10: Biomechanics and movement analysis
- Unit 11: Physical activity for specific groups
- Unit 19: Sport and exercise psychology

## Assessment Points




In Year 13, students are assessed through a series of paper and physical exams that will count towards their final grade. Anatomy, physiology and biomechanics exam - 2 hours (30%), skill acquisition and sports psychology exam (20%), sport and society and contemporary issues exam (20%), EAPI evaluation (15%), practical performance or coaching in one chosen sport (15%).

## Immerse Yourself

### Study Rocket PE Topics

-  Develop Skills
-  Tests and Topics
-  PE Revision at Home

### OCR A-Level PE Revision

-  Get Revising Quicker!
-  Mock Exams
-  Study Support and Videos

Through OCR, the students have access to a range of past papers and mark schemes to practice their exam technique.

- Revision videos
- OCR endorsed text book, such as A Level PE Book 1 and 2 by Honeybourne and Powell
- Google Classroom resources from lessons

## Test Your Knowledge with Quizlet...

Quizlet's Y13 PE flashcards are a fantastic way to memorise relevant PE knowledge to help you with your studies. Click on the icon below to start!



# Praise and Reward

Our rewards system can be broadly split into four categories: classroom level, subject level, school level and privilege rewards. We'll focus on classroom and subject rewards here - for more information about our rewards schemes, please see our website.

## CLASSROOM LEVEL REWARDS

Awarded for: working hard, taking risks and rising to a challenge, making mistakes and learning from them, helping others, and taking pride in the school community.

Rewarded by: praise postcards, positive phone calls to parents/carers, positive text messages home, and lesson based prizes.

## SUBJECT LEVEL REWARDS

Reward scheme: Star of the Week, Curriculum Awards (Subject/School Way, Participation, Working with Pride, Embracing the Whole Curriculum), High Flyer, Extra Mile, Most Improved.

Rewarded by: names displayed on reward boards, certificates, social media posts.

# Broadening Horizons

Year 13 have many opportunities to get involved in broadening their horizons in sport, they can prepare for exams by using online revision tools and YouTube videos going through the content with sporting examples that the students can re-watch independently.

They can also looking for future opportunities when they move on from sixth form, such as career and/or university options.



## University of Sheffield - Club Sport

Club Sport provides many opportunities for you to participate and compete in a wide variety of sports while you are at University. With 57 sports clubs for you to choose from and facilities in and around the city, we are sure that you will find something for you. This could be a sport that you have always played or a totally new sport that you have always wanted to try. Click on the logo to find out more!

## Every Mind Matters - Healthy Lifestyle

Being active, enjoying the outdoors and eating a balanced diet all affect how we feel. It is very important to live an all around healthy lifestyle. Click the image to watch the video and learn more about this!



## Careers

Our courses provide the opportunity for further study at University in courses such as Sport & Exercise Science, Sports Coaching, Sports Management, Exercise & Health, Physical Education and medical disciplines such as physiotherapy, occupational therapy and dietician.

It can also assist in employment in the leisure industry in roles such as personal training, coaching, gym staff and sports massage as well as involvement within sports clubs. One option that has been discussed is a sports apprenticeship, this will give students the opportunity to continue with their studies, while also receiving some real world experience. Click on the link below to explore some apprenticeships!



## The PE Way

We make Healthy Life choices, We show effort and determination, We participate in a safe manner, We solve problems, We are creative, Its about the we not the me, We are team players, We self-reflect and analyse, We are team players, We show good sportsmanship.



Have your say! ✨

At WPT we're always looking for feedback. If you have any thoughts/opinions on this Curriculum Newsletter, its content or the curriculum in general, please click on the title to fill out a short feedback form.