

[Welcome to Year 12 PE](#)

Anatomy and Physiology

From an anatomy and physiology perspective we begin to delve deeper into how the; skeletal-muscular system, cardiovascular and respiratory system enable us to perform at sub-maximal and maximum capabilities within a range of climates and sports. How does the heart manage to maintain a continuous supply of oxygen to the respiring muscle tissues when under high pressure? We additionally question whether our sporting fate is either genetically determined or due to extensive training. In addition to this, we will discover whether training at high altitude and temperature has a positive or negative effect on performance. Consider the Tokyo 2020 Olympics when athletes will be striving for personal excellence in a climate which has 85% humidity.

Socio-Cultural

From a socio-cultural perspective we think about the globalisation of sport and the freedom of movement of athletes to train and compete for different nationalities; the evolution of the modern Olympics and how these have changed over time; we then take an in depth look at a number of significant Olympic Games and discuss their significance in shaping sport today; we then look at the pros and cons of hosting global events and the legacy these games have on the host nation.

Sports Psychology

From a sports psychology perspective, we start to think about how the athletes motivate themselves to achieve such a high level of performance and fitness; how do they deal with the pressure to win and performance anxiety; the affects of the other competitors and the crowd may have on performance; how the athletes get themselves psyched up and into the zone but still manage to stay focused on their goals; and realising how important the decision making process of the athlete is when competing in elite level sport, as demonstrated by Mo Farah's decision to start his kick.

Studying PE will give you an insight into the amazing world of sports performance. Not only will you have the chance to perform or coach a sport through the non-exam assessment component, you will also develop a wide-ranging knowledge into the how and why of physical activity and sport.

Throughout the course you will learn the reasons why we do things, why some people outperform others - mentally and physically. You will also delve into the ethical considerations behind the use of drugs and also the influence that modern technology is having on physical activity and sport.

[How is A-Level PE assessed and how is each topic weighted?](#)

Throughout year 12 and 13 you will study different topics from three areas, these being; applied anatomy and physiology, exercise physiology and biomechanics (30%), skill

acquisition and sport psychology (20%) and sport and society and contemporary issues in physical activity and sport (20%)

You will also be assessed on one sport, that you play out of school and, in the lead up to moderation day do a practical talk on your chosen sport. This in total is worth 30%.

[Homework](#)

Throughout year 12 and 13 you will be given six essay questions from the stated areas above. These will be set and given to you throughout the year and are marked against mark schemes from past papers.

[Structured Independent Study](#)

As well as being set homeworks, you will also complete your structured independent study (SIS) tasks on a half termly basis. Again these can all be found under the SIS tab and are to be completed as and when asked by each staff member. These will be released throughout the half term and reviewed at the end of each half term.

[Specifications:](#)

[A Level Specification](#)

[A Level Practical Specification](#)