

WHSB PE SIXTH FORM CURRICULUM MAP

MIDDLE SCHOOL PRIOR LEARNING INFORMS

LOWER SIXTH

1

CONTENT
Energy systems & Training
Movement analysis
Exercise physiology
Performance Analysis & Biomechanics
Personality
Attitudes
Fatigue & Recovery

SKILLS
Knowledge recall and application



Energy systems Test
Movement Analysis Test
Performance Analysis task

2

CONTENT
Skill acquisition
Goal setting & motivation
Theories of learning
Stress, arousal and anxiety
Transfer, practice, guidance & feedback
Social facilitation & aggression

SKILLS
Knowledge recall, application & analysis



Sports psychology Test
Skill acquisition Tests (I) and (II)
Deviance and doping test

3

CONTENT
Ethics & Deviance
Politics in sport
Information processing
Social differentiation
Data analysis in sport
Group dynamics

SKILLS
Knowledge recall, application & analysis and evaluation
Research skills



Politics in Sport Essay
Social differentiation Essay
End of Year Examination

UPPER SIXTH

1

CONTENT
Technology in sport
Leadership in sport
Health, fitness and well-being
Attribution theory
Diet and nutrition
Biomechanics (II)
Sport, culture and society

SKILLS
Knowledge recall, application & analysis and evaluation
Research skills



Group dynamics and leadership test
Technology in sport and data task
Diet and nutrition task

2

CONTENT
Emergence of modern sport
Sport and the mass media
Talent identification
Globalisation of sport
Mass participation v excellence
Recreational pathways
Injury prevention and rehabilitation

SKILLS
Knowledge recall, application & analysis and evaluation



Upper Sixth Trial Examination.
Information processing test
Public school and mass participation v excellence essays

3

CONTENT
Revision of all content covered

SKILLS
Past paper practice (including timed conditions) and examination technique



Examination questions (for revision purposes)

A LEVEL EXAMINATION BOARD:
EDUQAS

PREPARATION FOR
UNIVERSITY AND
DESTINATIONS:

Quantitative and qualitative data analysis
Writing a literature review and referencing
Biomechanical analysis of performance
Laboratory and field-based testing
Coaching and pedagogy: types of practice, feedback & guidance
Use of authentic journal articles and studies

Loughborough University
Exeter University
Bath University
Nottingham University

ENRICHMENT OPPORTUNITIES:

Trips & Visits
(including Sport Science Laboratory Testing)
Representative Sport at WHSB
Wider reading - access to Sport Science Library
Coaching of younger year groups
House Sport at WHSB