

# A Level PE

## Top Tips

<b>Tip 1</b>	Make sure you hit deadlines for coursework
<b>Tip 2</b>	Get video evidence early.
<b>Tip 3</b>	Revise topics as you go, don't leave it all to the end.
<b>Tip 4</b>	Buy a revision guide and practice exam questions.
<b>Tip 5</b>	Watch a wide range of sports on TV.

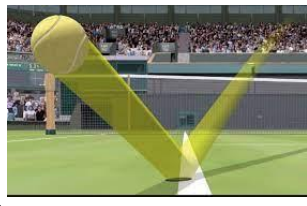
➤ Revision

Start an Apprenticeship

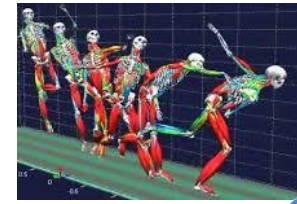
Start a Career

Go to University

Excellence and Technology



Biomechanics



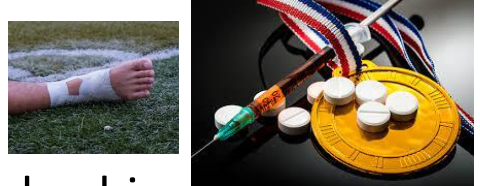
Stress Management

YEAR 13

Commercialisation



Diet and Injury

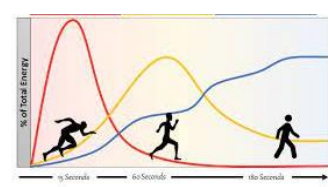


Confidence and Leadership

Ethics and Deviance



Energy Systems



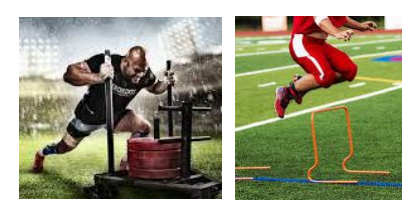
Team Dynamics and Goal Setting

YEAR 13

Global Sporting Events



Fitness



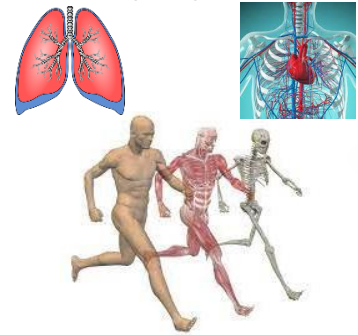
Individual Differences

Emergence of Modern Sport



Learning and Skills

Body Systems



YEAR 12

## Course Structure

- 1) Exercise Physiology – Examined
- 2) Sports Psychology - Examined
- 3) Socio-Cultural Issues – Examined
- 4) Evaluation and Analysis of Performance – Verbal coursework
- 5) Practical: 1 Sport – Video evidence

**WESTWOOD**

CURRICULUM OVERVIEW

CURRICULUM OVERVIEW

YEAR 12

YEAR 12