

Course overview

H555/01 Physiological factors affecting performance This component will assess:

- 1.1 Applied anatomy and physiology
- 1.2 Exercise physiology
- 1.3 Biomechanics

H555/02 Psychological factors affecting performance This component will assess:

- 2.1 Skill acquisition
- 2.2 Sports psychology

H555/03 Socio-cultural issues in physical activity and sport This component will assess:

- 3.1 Sport and society
- 3.2 Contemporary issues in physical activity and sport

H555/06 Evaluating and Analysing Performance for Improvement

- This component draws upon the knowledge, understanding and skills a learner has learnt throughout the course and enables them to analyse and evaluate a peer's performance in one activity

Key Stage 5 (13)

Course title: A Level PE

Exam board: OCR

Specification code: H555

Week beginning	Mr Armstrong	Mrs Scott	Justification for sequential planning
5 th Sept 22	2.2 Sports psychology - Individual differences – Personality	1.2.b Preparation and training methods - Aerobic training	Sports psychology is taught at this point as it is the alternative part to skill acquisition and will form students' paper 2. It is also vital that students start sports psychology as they will need to be able to apply this to their EAPI that they will conduct after the Christmas holidays. Additionally, types of training are also taught in preparation and training methods as it will allow students to again apply these to their EAPI.
12 th Sept 22	2.2 Sports psychology - Individual differences – Personality	1.2.b Preparation and training methods - Strength training	
19 th Sept 22	2.2 Sports psychology - Individual differences – Attitudes	1.2.b Preparation and training methods - Flexibility training/periodisation	
26 th Sept 22	2.2 Sports psychology - Individual differences – Motivation	1.2.b Preparation and training methods - Impact of training on lifestyle disease	
3 rd Oct 22	2.2 Sports psychology - Individual differences – Anxiety	1.2.b Preparation and training methods - Impact of training on lifestyle disease	
10 th Oct 22	Sports psychology - Individual differences – Arousal	3.1 Sport and Society - Emergence and evolution of sport	Students will begin to discuss sport and society, this sequence itself as it works through the different time periods, such as pre-industrial, industrial revolution and 21st century sport. This again will need to be applied into the students' EAPI so it is vital that it is taught at this point.
17 th Oct 22	2.2 Sports psychology - Individual differences – Arousal	3.1 Sport and Society - Emergence and evolution of sport	

October half term			
Week beginning	Mr Armstrong	Mrs Scott	Justification for sequential planning
31 st Oct 22	2.2 Sports psychology - Individual differences – Aggression	3.1 Sport and Society - Emergence and evolution of sport	Once students have been taught the emergence and evolution of sport they will then move onto contemporary issues in sport. This will link to 21 st century sport, as this will allow them to move onto globalisation and the Olympics in sport with a sound understanding of the changes in sport throughout the years.
7 th Nov 22	2.2 Sports psychology - Individual differences – Aggression	3.1 Sport and Society - Global sporting events	
14 th Nov 22	2.2 Sports psychology - Individual differences – Social facilitation	3.1 Sport and Society - Global sporting events	
21 st Nov 22	2.2 Sports psychology - Individual differences – Recap	3.1 Sport and Society - Global sporting events	
28 th Nov 22	2.2 Sports psychology - Group and team dynamics in sport	3.2 Contemporary issues in physical activity and sport - Ethics and deviance in sport	
5 th Dec 22	2.2 Sports psychology - Goal setting	3.2 Contemporary issues in physical activity and sport - Commercialisation and media	
12 th Dec 22	2.2 Sports psychology - Attribution	3.2 Contemporary issues in physical activity and sport - Commercialisation and media	
19 th Dec 22	2.2 Sports psychology - Confidence and self-efficacy	3.2 Contemporary issues in physical activity and sport - Routes to sporting excellence in the UK	
Christmas holidays			
Week beginning	Mr Armstrong	Mrs Scott	Justification for sequential planning
9 th Jan 23	2.2 Sports psychology - Leadership in sport	3.2 Contemporary issues in physical activity and sport - Routes to sporting excellence in the UK	
16 th Jan 23	2.2 Sports psychology - Stress management to optimize performance	3.2 Contemporary issues in physical activity and sport - Modern technology in sport	
23 rd Jan 23	EAPI Preparation and completion		Students will complete the EAPI as they will have completed the key content that they need to apply to the coursework. Completing the coursework now will allow us to form a clear picture of student's outcomes, as this will include practical, theory and coursework performance.
30 th Jan 23			
6 th Feb 23			
13 th Feb 23			

February half term			
Week beginning	Mr Armstrong	Mrs Scott	Justification for sequential planning
27 th Feb 23	1.2.a Diet and nutrition and their effect on physical activity and performance -Diet and nutrition	1.2.c Injury prevention and the rehabilitation of injury - Acute and chronic injuries	Diet and nutrition and injury prevention will be taught last as there is little application of these topic areas into the students EAPI.
6 th March 23	1.2.a Diet and nutrition and their effect on physical activity and performance -Diet and nutrition	1.2.c Injury prevention and the rehabilitation of injury - Injury prevention	In relation to diet and nutrition, students will learn the components of a diet and the impact on performance, they will go on to discuss ergogenic aids and how this could be applied to an athlete's diet to improve performance.
13 th March 23	1.2.a Diet and nutrition and their effect on physical activity and performance - Ergogenic aids	1.2.c Injury prevention and the rehabilitation of injury - Responding to injuries and medical conditions in a sporting context	Injury prevention and rehabilitation of injury will be sequenced through the discussion of types of injuries and how to prevent them, this will then lead on to the response to injuries occurring and finally the rehabilitation process for specific injuries.
20 th March 23	1.2.a Diet and nutrition and their effect on physical activity and performance - Ergogenic aids	1.2.c Injury prevention and the rehabilitation of injury - Rehabilitation of injury	
27 th March 23	1.2.a Recap	1.2.c Recap	
Easter holidays			
Week beginning	Mr Armstrong	Mrs Scott	Justification for sequential planning
17 th April 23	Exam preparation and revision	Exam preparation and revision	This time will be devoted to recap of specific areas where students feel they need to develop, and a lot of time will be spent with students to focus on their ability to answer past exam questions effectively.
24 th April 23	Exam preparation and revision	Exam preparation and revision	
1 st May 23	Exam preparation and revision	Exam preparation and revision	
8 th May 23	Exam preparation and revision	Exam preparation and revision	
15 th May 23	Exam preparation and revision	Exam preparation and revision	
22 nd May 23	Exam preparation and revision	Exam preparation and revision	
May half term			