

# 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