KS5 A-Level PE Learning Pathway

Year 12	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Topic	**Skill Acquisition**	**Individual Differences and Sports Psychology**	**Group Dynamics and Socio-cultural Studies**	**Biomechanics and EAPI preparation**	**AS examination preparation**	**Mock examinations and transition to Year 13**
Threshold concept explored	Skill classification Practice Transfer Learning theories	Personality Attitudes Motivation Arousal and anxiety	Group effectiveness Goal setting Emergence of modern sport Olympic development	Movement analysis Biomechanical principles Performance analysis	Retrieval Application Exam readiness	Consolidation Progression A-Level readiness
Threshold skills explored	Classifying skills Applying theories to practical examples Using exam terminology precisely	Explaining psychological factors Comparing theories Applying examples to performers	Analysing teamwork and history of sport Using case studies Extended written responses	Applying biomechanical ideas Preparing and refining EAPI work Linking analysis to performance	Past-paper practice Timing and question interpretation Using mark schemes	Mock review Independent revision Planning Year 13 targets
Building on	GCSE PE and KS4 practical understanding of performance, practice and feedback.	Skill acquisition content from Term 1 and prior GCSE psychology ideas.	Individual differences and psychology content from Term 2.	Sport psychology and socio-cultural content from Terms 1-3.	All Year 12 Paper 2 content and EAPI preparation.	AS content, mock feedback and Year 12 assessment outcomes.
Leading to	Sports psychology and wider Paper 2 content.	Group dynamics and socio-cultural studies.	Biomechanics, EAPI and Paper 2 assessment.	AS examination preparation and Year 12 mocks.	Public AS examinations or internal assessment points.	Year 13 A-Level PE: memory, confidence, leadership, contemporary issues and final EAPI.
How will you know how you are doing and how to improve it?	Skill Acquisition test, verbal recall and homework exam questions.	Exam-style questions, retrieval tasks and end-of-unit feedback.	Topic tests, written responses and teacher feedback.	EAPI preparation feedback and Paper 2 Psychology/Socio-cultural test feedback.	Past-paper practice, assessment tasks and AS-style exam review.	Year 12 mocks, mock report feedback and individual revision targets.
Experiences to look out for	Classification, practice, transfer, guidance, feedback and learning theory tasks.	Personality, attitudes, motivation, arousal, anxiety, aggression and social facilitation.	Group dynamics, goal setting, pre-industrial Britain, public schools, 20th/21st century sport and Olympics.	Biomechanics sequence, EAPI preparation and deadline work.	AS Paper 1 and Paper 2 preparation.	Year 12 mock assessments and transition preparation for Year 13.
A link to useful resources	OCR A-Level PE specification Class booklets Skill Acquisition revision materials	OCR A-Level PE specification Psychology revision materials Exam-style questions	OCR resources Socio-cultural revision materials Case-study examples	EAPI guidance Biomechanics resources Teacher feedback sheets	OCR past papers Mark schemes Revision checklists	Mock feedback Year 13 transition targets Independent revision resources

Year 13	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Topic	**Memory, confidence and leadership**	**Contemporary issues and fluid mechanics**	**EAPI assessment preparation and mock examinations**	**Revision programme and mock feedback**	**Final examination preparation**	**Public examinations**
Threshold concept explored	Memory Attribution Confidence Leadership	Ethics Excellence Commercialisation Technology Fluid mechanics	Analysis Evaluation Performance improvement	Retrieval Synthesis Exam refinement	Exam performance Precision Independence	Completion Performance Progression
Threshold skills explored	Explaining memory models Applying psychological theories Evaluating leadership models	Using contemporary case studies Analysing ethical issues Applying mechanical principles	Preparing EAPI evidence Using feedback Mock revision and review	Past-paper practice Targeted retrieval Improving extended responses	Question selection Timing Mark-scheme precision Independent revision	Managing final examinations Applying the full course under timed conditions
Building on	Year 12 skill acquisition, psychology and prior Paper 2 content.	Leadership, confidence and stress-management content from Term 1.	Year 12 EAPI preparation and Year 13 Paper 2/3 content.	Mock examination outcomes and EAPI feedback.	Full A-Level PE content and previous exam practice.	All Year 12 and Year 13 course content.
Leading to	Stress management and contemporary issues in sport.	EAPI preparation and final assessment points.	Mock feedback and final revision programme.	Final public examination preparation.	OCR A-Level PE examinations.	Post-18 progression and application of PE knowledge beyond the course.
How will you know how you are doing and how to improve it?	Recall tasks, exam-style questions and teacher feedback on psychological topics.	Topic questions, applied case-study work and feedback on explanations/evaluations.	EAPI feedback, mock examination results and individual target setting.	Past-paper marking, feedback tasks and revision priorities.	Practice papers, exam-condition work and teacher feedback.	External examination outcomes.
Experiences to look out for	Multi-store memory model, Craik and Lockhart, attribution, confidence, self-efficacy and leadership.	Stress management, routes to sporting excellence, drugs, violence, gambling, commercialisation, media, technology and fluid mechanics.	EAPI preparation weeks, mock examination period and review tasks.	Revision lessons, mock report feedback and targeted retrieval practice.	Final Paper 1, Paper 2 and Paper 3 preparation.	A-Level PE public examination season.
A link to useful resources	OCR A-Level PE specification Class revision materials Psychology resources	OCR A-Level PE specification Contemporary issues resources Fluid mechanics materials	EAPI guidance Mock feedback sheets Revision checklists	OCR past papers Mark schemes Examiner reports	OCR past papers Revision plans Teacher feedback	OCR examination materials Independent revision resources