

Online learning resources - PE

Key Stage 3

YEAR 7 Core PE

Term	Key Concepts	Online learning resources
1.1, 3.1, 3.2	1. Evaluating and improving. 2. Replication & development of core hand eye coordination skills.	PE Planning: https://peplanning.org.uk/7-pe-activities-that-are-easy-at-home/ This is PE: https://www.youtube.com/playlist?list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL PE with Joe Wicks: https://www.youtube.com/playlist?list=PLyCLOpd4VxBsXs1WmPceksQyFbXTf9FO Youth Sport Trust home learning activities: https://www.youthsporttrust.org/free-home-learning-resources-secondary Yoga with Adrienne: https://www.youtube.com/user/yogawithadriene
1.2, 2.1, 2.2	1. Development of physical literacy & outwitting opponents. 2. Outwitting opponents continued & decision making. 3. Replication & development of core skills. 4. Developing physical & mental capacity.	PE Planning: https://peplanning.org.uk/7-pe-activities-that-are-easy-at-home/ This is PE: https://www.youtube.com/playlist?list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL PE with Joe Wicks: https://www.youtube.com/playlist?list=PLyCLOpd4VxBsXs1WmPceksQyFbXTf9FO Youth Sport Trust home learning activities: https://www.youthsporttrust.org/free-home-learning-resources-secondary Yoga with Adrienne: https://www.youtube.com/user/yogawithadriene

Key Stage 3

YEAR 8 Core PE

Term	Key Concepts	Online learning resources
1.1, 3.1, 3.2	1. Core skill replication and development. 2. Outwitting opponents and problem solving.	PE Planning: https://peplanning.org.uk/7-pe-activities-that-are-easy-at-home/ This is PE: https://www.youtube.com/playlist?list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL PE with Joe Wicks: https://www.youtube.com/playlist?list=PLyCLOpd4VxBsXs1WmPceksQyFbXTf9FO Youth Sport Trust home learning activities: https://www.youthsporttrust.org/free-home-learning-resources-secondary Yoga with Adrienne: https://www.youtube.com/user/yogawithadriene
1.2, 2.1, 2.2	1. Outwitting opponents under differing rules & conditions. 2. Outwitting opponents in attack & development of decision making. 3. Evaluating and improving of self and others. 4. Developing physical & mental capacity.	PE Planning: https://peplanning.org.uk/7-pe-activities-that-are-easy-at-home/ This is PE: https://www.youtube.com/playlist?list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL PE with Joe Wicks: https://www.youtube.com/playlist?list=PLyCLOpd4VxBsXs1WmPceksQyFbXTf9FO Youth Sport Trust home learning activities: https://www.youthsporttrust.org/free-home-learning-resources-secondary Yoga with Adrienne: https://www.youtube.com/user/yogawithadriene

Key Stage 4

YEAR 9, 10 and 11 Core PE

Term	Key Concepts	Online learning resources
1.1, 3.1, 3.2	1. Advanced core skill replication and refinement based on situations. 2. Outwitting opponents and development of teamwork skills.	PE Planning: https://peplanning.org.uk/7-pe-activities-that-are-easy-at-home/ This is PE: https://www.youtube.com/playlist?list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL Youth Sport Trust home learning activities: https://www.youthsporttrust.org/free-home-learning-resources-secondary Chloe Ting fitness workout programmes: https://www.chloeting.com/program/ Chris Heria fitness workout programmes: https://www.youtube.com/channel/UCaBqRxHEMongFU-AkSfodCw Yoga with Adrienne: https://www.youtube.com/user/yogawithadriene
1.2, 2.1, 2.2	1. Development of physical literacy & outwitting opponents. 2. Outwitting opponents continued & decision making. 3. Replication & development of core skills. 4. Developing physical & mental capacity.	PE Planning: https://peplanning.org.uk/7-pe-activities-that-are-easy-at-home/ This is PE: https://www.youtube.com/playlist?list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL Youth Sport Trust home learning activities: https://www.youthsporttrust.org/free-home-learning-resources-secondary Chloe Ting fitness workout programmes: https://www.chloeting.com/program/ Chris Heria fitness workout programmes: https://www.youtube.com/channel/UCaBqRxHEMongFU-AkSfodCw Yoga with Adrienne: https://www.youtube.com/user/yogawithadriene

Key Stage 4

YEAR 9, 10 and 11 GCSE

Component	Online learning resources
1: Fitness and Body Systems Written examination: 1 hour and 45 minutes ● Topic 1: Applied anatomy and physiology ● Topic 2: Movement analysis ● Topic 3: Physical training ● Topic 4: Use of data	Applied Anatomy and Physiology: https://www.bbc.co.uk/bitesize/topics/zxq7j6f Movement Analysis: https://www.bbc.co.uk/bitesize/topics/zxq7j6f Physical Training: https://www.bbc.co.uk/bitesize/topics/z2wjdmn Seneca Learning (ask your teacher for the class code): https://senecalearning.com/en-GB/ Specification: https://qualifications.pearson.com/en/qualifications/edexcel-gcses/physical-education-2016.html Exam Materials: https://qualifications.pearson.com/en/qualifications/edexcel-gcses/physical-education-2016.coursematerials.html#filterQuery=Pearson-UK:Category%2FExam-materials Quizlet designed to test recall and knowledge of different aspects of component 1 & 2: https://quizlet.com/en-gb/content/edexcel-gcse-pe-resources Edexcel GCSE PE exam papers: https://revisionworld.com/gcse-revision/pe-physical-education/past-papers/edexcel-gcse-pe-past-papers
2: Health and Performance Written examination: 1 hour and 15 minutes ● Topic 1: Health, fitness and well-being ● Topic 2: Sport psychology ● Topic 3: Socio-cultural influences ● Topic 4: Use of data	Health, Fitness and Well-being: https://www.bbc.co.uk/bitesize/topics/z8c4rdm Sport Psychology: https://www.bbc.co.uk/bitesize/topics/zq8dk7h Socio-Cultural Influences: https://www.bbc.co.uk/bitesize/topics/zw9k4j6 Seneca Learning (ask your teacher for the class code): https://senecalearning.com/en-GB/ Specification: https://qualifications.pearson.com/en/qualifications/edexcel-gcses/physical-education-2016.html Exam Materials: https://qualifications.pearson.com/en/qualifications/edexcel-gcses/physical-education-2016.coursematerials.html#filterQuery=Pearson-UK:Category%2FExam-materials Quizlet designed to test recall and knowledge of different aspects of component 1 & 2: https://quizlet.com/en-gb/content/edexcel-gcse-pe-resources Edexcel GCSE PE exam papers: https://revisionworld.com/gcse-revision/pe-physical-education/past-papers/edexcel-gcse-pe-past-papers

3: Practical Performance Non-examined assessment	Specification: https://qualifications.pearson.com/en/qualifications/edexcel-gcses/physical-education-2016.html Practical Performance Assessment Criteria: https://qualifications.pearson.com/en/qualifications/edexcel-gcses/physical-education-2016.coursematerials.html#filterQuery=category:Pearson-UK:Category%2FSpecification-and-sample-assessments Practical Performance Sport Guidance: https://www.bbc.co.uk/bitesize/topics/zgyvfrd
4: Personal Exercise Programme Non-examined assessment	Specification: https://qualifications.pearson.com/en/qualifications/edexcel-gcses/physical-education-2016.html PEP guidance: https://qualifications.pearson.com/en/qualifications/edexcel-gcses/physical-education-2016.coursematerials.html#filterQuery=Pearson-UK:Category%2FTeaching-and-learning-materials

Key Stage 5

A Level (Year 12)

Applied Anatomy and Physiology

Section 1

Kingsdale Online Resources:

https://adminkingsdale-my.sharepoint.com/:f/r/personal/tms_kingsdale_southwark_sch_uk/Documents/Work/A%20Level/0.%20Student%20Resource%20Folder/Year%2012/Lesson%20Topics/Applied%20Anatomy%20and%20Physiology?csf=1&web=1&e=0SH33L

Notes page for Video Content:

https://drive.google.com/file/d/1RSqk5fxr7FQpo1jght945yoaBO6cwpR/_view

Supporting Video Content:

The Hip: <https://youtu.be/3qnY20ezaaQ?t=48>

The Ankle: <https://youtu.be/3qnY20ezaaQ?t=491>

Movement Analysis Practice Questions: <https://youtu.be/3qnY20ezaaQ?t=752>

Types of Contraction: <https://youtu.be/3qnY20ezaaQ?t=1052>

Types of Contraction Practice Questions: <https://youtu.be/3qnY20ezaaQ?t=1556>

Cardiac Health: <https://youtu.be/3qnY20ezaaQ?t=1925>

Cardiac Health Practice Questions: <https://youtu.be/3qnY20ezaaQ?t=2568>

Respiratory Health: <https://youtu.be/3qnY20ezaaQ?t=2757>

Asthma: <https://youtu.be/3qnY20ezaaQ?t=3182>

Respiratory Health Practice Questions: <https://youtu.be/3qnY20ezaaQ?t=3702>

CV Values: <https://youtu.be/3qnY20ezaaQ?t=4027>

Heart Rate Responses to Exercise: <https://youtu.be/3qnY20ezaaQ?t=4716>

CV Values Practice Questions: <https://youtu.be/3qnY20ezaaQ?t=5064>

Venous Return: <https://youtu.be/3qnY20ezaaQ?t=5618>

Venous Return Practice Questions: <https://youtu.be/3qnY20ezaaQ?t=6210>

Breathing: <https://youtu.be/3qnY20ezaaQ?t=6520>

Respiratory Control: <https://youtu.be/3qnY20ezaaQ?t=6568>

Mechanics of Breathing: <https://youtu.be/3qnY20ezaaQ?t=7081>

Breathing Practice Questions: <https://youtu.be/3qnY20ezaaQ?t=7409>

Gaseous Exchange: <https://youtu.be/3qnY20ezaaQ?t=7818>

Oxygen Dissociation: <https://youtu.be/3qnY20ezaaQ?t=8411>

Gaseous Exchange Practice Questions: <https://youtu.be/3qnY20ezaaQ?t=8768>

Skill Acquisition

Section 2

Kingsdale Online Resources:

https://admingkingsdale-my.sharepoint.com/:f/r/personal/tms_kingsdale_southwark_sch_uk/Documents/Work/A%20Level/0.%20Student%20Resource%20Folder/Year%2012/Lesson%20Topics/Skill%20Acquisition?csf=1&web=1&e=klZsfc

Notes page for Video Content:

<https://drive.google.com/file/d/1u94C0gn2973EGBFtxQU5l1e21l0Lrsjg/view>

Supporting Video Content:

Classification of Skill 1: <https://youtu.be/ryfcUdajPyM?t=64>

Classification of Skill 1 Practice Questions: <https://youtu.be/ryfcUdajPyM?t=923>

Classification of Skill 2: <https://youtu.be/ryfcUdajPyM?t=1407>

Classification of Skill 2 Practice Questions: <https://youtu.be/ryfcUdajPyM?t=2022>

Operant Conditioning: <https://youtu.be/ryfcUdajPyM?t=2299>

Reinforcement: <https://youtu.be/ryfcUdajPyM?t=2601>

Thorndike's Laws <https://youtu.be/ryfcUdajPyM?t=2831>

Operant Conditioning Practice Questions: <https://youtu.be/ryfcUdajPyM?t=3055>

Observational Learning: <https://youtu.be/ryfcUdajPyM?t=3443>

Observational Learning Practice Questions: <https://youtu.be/ryfcUdajPyM?t=4211>

Personality: <https://youtu.be/ryfcUdajPyM?t=4775>

Trait Theory: <https://youtu.be/ryfcUdajPyM?t=4804>

Social Learning theory: <https://youtu.be/ryfcUdajPyM?t=5177>

Interactionism: <https://youtu.be/ryfcUdajPyM?t=5479>

Sport and Society

Section 3

Kingsdale Online Resources:

https://admingkingsdale-my.sharepoint.com/:f:/r/personal/tms_kingsdale_southwark_sch_uk/Documents/Work/A%20Level/0.%20Student%20Resource%20Folder/Year%2012/Lesson%20Topics/Sport%20and%20Society?csf=1&web=1&e=vEB2fk

Notes page for Video Content:

<https://drive.google.com/file/d/16SluKDTAQznxL0MMwugeGGXAFJBukdLg/view>

Supporting Video Content:

Sportsmanship and Gamesmanship: <https://youtu.be/84AkiKRc6NE?t=62>

Deviance: <https://youtu.be/84AkiKRc6NE?t=627>

Sportsmanship, Gamesmanship and Deviance Practice Questions: <https://youtu.be/84AkiKRc6NE?t=891>

Deviance and PEDs: <https://youtu.be/84AkiKRc6NE?t=1267>

WADA: <https://youtu.be/84AkiKRc6NE?t=2003>

PEDs and WADA Practice Questions: <https://youtu.be/84AkiKRc6NE?t=2251>

Commercialisation: <https://youtu.be/84AkiKRc6NE?t=2599>

Impact of Commercialisation: <https://youtu.be/84AkiKRc6NE?t=3095>

Commercialisation Practice Question: <https://youtu.be/84AkiKRc6NE?t=3715>

The Golden Triangle and the Media: <https://youtu.be/84AkiKRc6NE?t=3942>

Effects of the Media: <https://youtu.be/84AkiKRc6NE?t=4297>

Changing Media Coverage: <https://youtu.be/84AkiKRc6NE?t=4582>

Media Practice Questions: <https://youtu.be/84AkiKRc6NE?t=4889>

Pre-industrial Sport: <https://youtu.be/84AkiKRc6NE?t=5305>

Popular Recreation: <https://youtu.be/84AkiKRc6NE?t=5902>

Pre-industrial Sport Practice Questions: <https://youtu.be/84AkiKRc6NE?t=6064>

Industrialisation: <https://youtu.be/84AkiKRc6NE?t=6910>

Olympism: <https://youtu.be/84AkiKRc6NE?t=7838>

Amateurism: <https://youtu.be/84AkiKRc6NE?t=8603>

Olympism Practice Questions: <https://youtu.be/84AkiKRc6NE?t=8740>

Exercise Physiology

Section 4

Kingsdale Online Resources:

https://adminkingsdale-my.sharepoint.com/:f:/r/personal/tms_kingsdale_southwark_sch_uk/Documents/Work/A%20Level/0.%20Student%20Resource%20Folder/Year%2013/Lesson%20Topics/Exercise%20Physiology?csf=1&web=1&e=J6HjwM

Supporting Video Content:

Diet and Nutrition and their Effects on Physical Activity and Performance: <https://www.youtube.com/watch?v=ZOnep1YbdwU>

Methods of Training: <https://www.youtube.com/watch?v=iLDtTgtJCS4>

Principles of Training: <https://www.youtube.com/watch?v=9jJd-PqhQY>

Biomechanical Movement

Section 5

Kingsdale Online Resources:

https://adminkingsdale-my.sharepoint.com/:f:/r/personal/tms_kingsdale_southwark_sch_uk/Documents/Work/A%20Level/0.%20Student%20Resource%20Folder/Year%2013/Lesson%20Topics/Biomechanical%20Movement?csf=1&web=1&e=pl8MC0

Notes page for Video Content:

<https://drive.google.com/file/d/1rSIMmNRGQxQgY4Gtjh7Xp4jfbV-iHsGA/view>

Supporting Video Content:

Newton's Laws: <https://youtu.be/Hf9CUHsrKcQ?t=34>

Newton's Laws Practice Questions: <https://youtu.be/Hf9CUHsrKcQ?t=1037>

Lever Systems: https://www.youtube.com/watch?v=F6X_ydbOR1g

Sport Psychology

Section 6	<u>Kingsdale Online Resources:</u> https://adminkingsdale-my.sharepoint.com/:f:/r/personal/tms_kingsdale_southwark_sch_uk/Documents/Work/A%20Level/0.%20Student%20Resource%20Folder/Year%2012/Lesson%20Topics/Sport%20Psychology?csf=1&web=1&e=3Fcdjz <u>Kingsdale Online Resources:</u> https://drive.google.com/file/d/1u94C0gn2973EGBFtxQU5l1e21l0Lrsjg/view <u>Supporting Video Content:</u> Personality Practice Questions: https://youtu.be/ryfcUdajPyM?t=5781 Attitudes: https://youtu.be/ryfcUdajPyM?t=6120 Triadic Model: https://youtu.be/ryfcUdajPyM?t=6384 Changing Attitudes: https://youtu.be/ryfcUdajPyM?t=6735 Attitudes Practice Questions: https://youtu.be/ryfcUdajPyM?t=6980 Reaction Time: https://youtu.be/ryfcUdajPyM?t=7289 Hick's Law: https://youtu.be/ryfcUdajPyM?t=7578 Simple and Choice Reaction: https://youtu.be/ryfcUdajPyM?t=7766 Anticipation: https://youtu.be/ryfcUdajPyM?t=7842 Psychological Refractory Period: https://youtu.be/ryfcUdajPyM?t=7992 Reaction Time Practice Questions: https://youtu.be/ryfcUdajPyM?t=8338 Leadership Skills: https://youtu.be/ryfcUdajPyM?t=8747 Chelladurai's Multi-dimensional Model: https://youtu.be/ryfcUdajPyM?t=8985 Chelladurai Practice Questions: https://youtu.be/ryfcUdajPyM?t=9476 Stress: https://youtu.be/ryfcUdajPyM?t=9797 Stress Response: https://youtu.be/ryfcUdajPyM?t=10619 Stress Practice Questions: https://youtu.be/ryfcUdajPyM?t=10701 Controlling Stress: https://youtu.be/ryfcUdajPyM?t=11071 Controlling Stress Practice Questions: https://youtu.be/ryfcUdajPyM?t=11917
The Role of Technology in Physical Activity and Sport	
7	<u>Kingsdale Online Resources:</u>https://adminkingsdale-my.sharepoint.com/:f:/r/personal/tms_kingsdale_southwark_sch_uk/Documents/Work/A%20Level/0.%20Student%20Resource%20Folder/Year%2012/Lesson%20Topics/Sports%20Technology?csf=1&web=1&e=BX5n1B <u>Supporting Video Content:</u> https://www.youtube.com/watch?v=ZaalIEANc0I

A Level (Year 13)

Applied Anatomy and Physiology

Section 8

Kingsdale Online Resources:

<https://adminkingsdale->

[my.sharepoint.com/:f:/r/personal/tms_kingsdale_southwark_sch_uk/Documents/Work/A%20Level/0.%20Student%20Resource%20Folder/Year%2013/Lesson%20Topics/Applied%20Anatomy%20and%20Physiology?csf=1&web=1&e=RXEgnK](https://adminkingsdale-my.sharepoint.com/:f:/r/personal/tms_kingsdale_southwark_sch_uk/Documents/Work/A%20Level/0.%20Student%20Resource%20Folder/Year%2013/Lesson%20Topics/Applied%20Anatomy%20and%20Physiology?csf=1&web=1&e=RXEgnK)

Notes page for Video Content:

https://drive.google.com/file/d/1RSqk5fxr7FQpo1jqht945yoaBO6cwpR_/view

Supporting Video Content:

Lactic Acid/Glycolytic System: <https://youtu.be/3qnY20ezaaQ?t=9116>

Lactic Acid System Evaluation: <https://youtu.be/3qnY20ezaaQ?t=9853>

Lactic Acid System Practice Questions: <https://youtu.be/3qnY20ezaaQ?t=10109>

Aerobic System: <https://youtu.be/3qnY20ezaaQ?t=10497>

Aerobic System Evaluation: <https://youtu.be/3qnY20ezaaQ?t=11046>

Aerobic System Practice Questions: <https://youtu.be/3qnY20ezaaQ?t=11345>

Recovery: <https://youtu.be/3qnY20ezaaQ?t=11727>

Oxygen Deficit: <https://youtu.be/3qnY20ezaaQ?t=11906>

EPOC: 3 <https://youtu.be/3qnY20ezaaQ?t=12063>

Components of EPOC: <https://youtu.be/3qnY20ezaaQ?t=12241>

EPOC Practice Questions: <https://youtu.be/3qnY20ezaaQ?t=12574>

Processes of EPOC: <https://youtu.be/3qnY20ezaaQ?t=12850>

Removal of Lactate: <https://youtu.be/3qnY20ezaaQ?t=13348>

Processes of EPOC Practice Questions: <https://youtu.be/3qnY20ezaaQ?t=13661>

Information Processing

Section 9

Kingsdale Online Resources:

https://adminkingsdale-my.sharepoint.com/:f/r/personal/tms_kingsdale_southwark_sch_uk/Documents/Work/A%20Level/0.%20Student%20Resource%20Folder/Year%2013/Lesson%20Topics/Skill%20Acquisition?csf=1&web=1&e=R8QLEU

Supporting Video Content:

Information Processing: <https://www.youtube.com/watch?v=joMO227JhJo>

Memory Systems 1: https://www.youtube.com/watch?v=7G9IK_mUmRE

Memory Systems 2: <https://www.youtube.com/watch?v=xZQNwzD9g2s>

Working Memory Model: <https://www.youtube.com/watch?v=1xwNFb9tsxg>

Schema Theory: https://www.youtube.com/watch?v=aDtszxlXS_c

Response time, Hick's law and Psychological Refractory Period: <https://www.youtube.com/watch?v=gINcSelO3ZU>

Exercise Physiology

Section 10

Kingsdale Online Resources:

https://adminkingsdale-my.sharepoint.com/:f/r/personal/tms_kingsdale_southwark_sch_uk/Documents/Work/A%20Level/0.%20Student%20Resource%20Folder/Year%2013/Lesson%20Topics/Exercise%20Physiology?csf=1&web=1&e=YhFI4J

Supporting Video Content:

Injury Identification: https://www.youtube.com/watch?v=K3iqsjBiU_E

Injury Prevention: <https://www.youtube.com/watch?v=KoH7UAE3zMw>

Injury Rehabilitation: <https://www.youtube.com/watch?v=k6VflkwJZH4>

Biomechanical Movement

Section 11

Kingsdale Online Resources:

https://adminkingsdale-my.sharepoint.com/:f:/r/personal/tms_kingsdale_southwark_sch_uk/Documents/Work/A%20Level/0.%20Student%20Resource%20Folder/Year%2013/Lesson%20Topics/Biomechanical%20Movement?csf=1&web=1&e=cDdrTJ

Kingsdale Online Resources:

<https://drive.google.com/file/d/1u94C0gn2973EGBFtxQU5l1e21l0Lrsjg/view>

Supporting Video Content:

Distance Time Graphs: <https://youtu.be/Hf9CUHsrKcQ?t=1515>

Velocity Time Graphs: <https://youtu.be/Hf9CUHsrKcQ?t=2007>

Distance and Velocity Time Graphs practice questions: <https://youtu.be/Hf9CUHsrKcQ?t=2329>

Factors Affecting Air Resistance: <https://youtu.be/Hf9CUHsrKcQ?t=2531>

Bernoulli's Principle: <https://youtu.be/Hf9CUHsrKcQ?t=2825>

Bernoulli Lift Force: <https://youtu.be/Hf9CUHsrKcQ?t=3069>

Bernoulli Practice Questions: <https://youtu.be/Hf9CUHsrKcQ?t=3512>

Magnus Force: <https://youtu.be/Hf9CUHsrKcQ?t=3825>

Topspin (Magnus): <https://youtu.be/Hf9CUHsrKcQ?t=4028>

Backspin (Magnus): <https://youtu.be/Hf9CUHsrKcQ?t=4298>

The Effect of Spin on Bounce: <https://youtu.be/Hf9CUHsrKcQ?t=4504>

Magnus Force Practice Questions: <https://youtu.be/Hf9CUHsrKcQ?t=4683>

Vertical Forces (Vector Drawing): <https://youtu.be/Hf9CUHsrKcQ?t=5210>

Vertical Forces Practice Questions: <https://youtu.be/Hf9CUHsrKcQ?t=6174>

Horizontal Forces (Vector Drawing): <https://youtu.be/Hf9CUHsrKcQ?t=6426>

Horizontal Forces Practice Questions: <https://youtu.be/Hf9CUHsrKcQ?t=7151>

Sport Psychology

Section 12

Kingsdale Online Resources:

https://adminkingsdale-my.sharepoint.com/:f:/r/personal/tms_kingsdale_southwark_sch_uk/Documents/Work/A%20Level/0.%20Student%20Resource%20Folder/Year%2013/Lesson%20Topics/Sport%20Psychology?csf=1&web=1&e=4Flxia

Supporting Video Content:

Competitive Orientation: https://www.youtube.com/watch?v=R_G7dGab5cl

Achievement Motivation: <https://www.youtube.com/watch?v=25cZYWc5Rs>

Sports Confidence Theory: <https://www.youtube.com/watch?v=UqixWyYIKo0&t=51s>

Self-Efficacy Theory: <https://www.youtube.com/watch?v=VTKevRq8qal>

Home Field Advantage: <https://www.youtube.com/watch?v=YNBBuNAA9oU>

Leadership: <https://www.youtube.com/watch?v=G108eCUAtX8>

Leadership Theory: https://www.youtube.com/watch?v=YT7_sx8JMOw

Leadership Styles: <https://youtu.be/EWm0xst9dS0?t=245>

Fiedler's Contingency Model of Leadership: <https://www.youtube.com/watch?v=N719umOxi-A>

Chelladuri's Multi-Dimensional Model of Leadership <https://www.youtube.com/watch?v=MtN6ycsgWmw>

What is Stress: https://www.youtube.com/watch?v=AYA_QZsN2SA

Stress Management Techniques: <https://www.youtube.com/watch?v=43GSw9XNH-s>

Attribution Theory and Retraining: <https://www.youtube.com/watch?v=xdyseQ1qbak>

Sport and Society and the role of Technology in Physical Activity and Sport

Section 13	<u>Kingsdale Online Resources:</u> https://adminkingsdale-my.sharepoint.com/:f/r/personal/tms_kingsdale_southwark_sch_uk/Documents/Work/A%20Level/0.%20Student%20Resource%20Folder/Year%2013/Lesson%20Topics/Sport,%20Society%20and%20Technology?csf=1&web=1&e=Lp1Y9O <u>Supporting Video Content:</u> Physical Recreation and Functions of Sport: https://www.youtube.com/watch?v=T0sThEJdDKM Characteristics and Aims of Physical Education (PE): https://www.youtube.com/watch?v=VF1AOZcR5fk Outdoor Education as part of the National Curriculum PE: https://www.youtube.com/watch?v=4Q7zeQgCH5w Development of Elite Sport and Organisations providing Support and Progression: https://www.youtube.com/watch?v=hGx4Y_gTcfY Talent Development and Support Services: https://www.youtube.com/watch?v=IXJXRIA5tFA Ethics in Sport: https://www.youtube.com/watch?v=JivhNc-GWpM Violence in Sport: https://www.youtube.com/watch?v=SpevZcwqKtc Drugs in Sport: https://www.youtube.com/watch?v=TONXyzRCt8Y Sport and the Law: https://www.youtube.com/watch?v=S0ZQgTJouJo Commercialisation, Media and Sport: https://www.youtube.com/watch?v=s4Xn5VISd7w Ethics of Sport Sponsorship: https://www.youtube.com/watch?v=bVT0vnyT8a4 Technology in PA and Sport: https://www.youtube.com/watch?v=ZaalIEANc0I&t=208s GPS and Motion Tracking: https://www.youtube.com/watch?v=p9L0LOTi34
Taking the Non-Examination Assessment (NEA)	
Section 14	<u>Kingsdale Online Resources:</u> https://adminkingsdale-my.sharepoint.com/:f/r/personal/tms_kingsdale_southwark_sch_uk/Documents/Work/A%20Level/0.%20Student%20Resource%20Folder/Coursework?csf=1&web=1&e=84WesA <u>Supporting Video Content:</u> https://www.youtube.com/watch?v=8ah640Woi7k

BTEC SPORT LEVEL 3 (Y12 and Y13)

Unit	Online learning resources
1: Anatomy and Physiology	The EverLearner: https://pages.theeverlearner.com/2024-btec-sport-l3-revision Pearson: https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.coursematerials.html#%2FfilterQuery=category:Pearson-UK:Category%2FTeaching-and-learning-materials
2: Fitness Training and Programming for Health, Sport and Well-being	The EverLearner: https://pages.theeverlearner.com/2024-btec-sport-l3-revision Pearson: https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.coursematerials.html#%2FfilterQuery=category:Pearson-UK:Category%2FTeaching-and-learning-materials
3: Professional Development in the Sports Industry	Pearson: https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.coursematerials.html#%2FfilterQuery=category:Pearson-UK:Category%2FTeaching-and-learning-materials
4: Sports Leadership	Pearson: https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.coursematerials.html#%2FfilterQuery=category:Pearson-UK:Category%2FTeaching-and-learning-materials