

Year 12 Physical Education

Key Stage 5

A/AS Level

Year 1: Teacher A – responsible for topics
1, 2 and 4

Autumn Term

Spring Term

Summer Term

Half Term 1

Topic 1
Applied anatomy and physiology

Week	Content
1	<p>Topic 1</p> <p>Applied anatomy and physiology</p> <p>Key muscles and bones; types of movement The stretch-shortening cycle</p> <p>The concept of agonist, prime mover, antagonist, fixator, synergist</p> <p>Movements during physical activities and sporting movement</p>
2	<p>Levers and movement</p> <p>Newton's Three Laws of Motion</p>

Half Term 1

Topic 2
Exercise physiology and applied movement analysis

Week	Content
8	<p>The physiology of a muscular contraction</p> <p>Acute responses of the neuro muscular system</p> <p>Chronic adaptations of cardiorespiratory, cardiovascular, muscular-skeletal and neuro-muscular systems</p>
9	<p>Recap and consolidation of topic 1</p> <p>Mock exam / test on topic 1</p>

Half Term 1

Topic 4
Sports Psychology

Week	Content
22	<p>Aggression v. Assertion</p> <p>Key theories</p>
23	<p>Motivation</p> <p>Key theories and their application of to optimise performance</p>
24	<p>Social facilitation</p> <p>The role of and effect of 'others'</p> <p>Strategies to combat social inhibition</p>

3	<p>Principles related to the stability of the body in relation to the centre of mass and its implication in physical activities</p> <p>The calculation of force and resultant force</p> <p>Acute responses of the muscular and skeletal systems</p>	10	<p>Topic 2</p> <p>Exercise physiology and applied movement analysis</p> <p>Dietary manipulation for performance pre, during and post physical activity</p> <p>Optimal weight for performance</p> <p>Electrolytes, hypotonic, hypertonic and isotonic solutions</p>	25	<p>Characteristics of a successful and cohesive group/team</p> <p>Task and social cohesion</p>
4	<p>The structure and function of the respiratory system</p> <p>The physiology of the respiratory system</p> <p>Respiratory values and capacities</p>	11	<p>The role and use of supplementation</p> <p>Contemporary supplements for enhancing performance</p> <p>Strategies for ensuring optimal food, fuel and fluid intake</p>	26	<p>Key theories:</p> <p>Carron</p> <p>Steiner</p> <p>Group dynamics</p> <p>Social loafing</p> <p>Ringlemann Effect</p>
5	<p>The anatomical components and structure of the cardiovascular system</p> <p>The physiology of the cardiovascular system</p> <p>Bradycardia</p> <p>Acute responses of the cardio respiratory and cardio vascular systems</p> <p>Unhealthy lifestyles</p>	12	<p>Fitness testing</p> <p>Plotting, calculating and interpreting fitness test results</p>	27	<p>SMART(ER) targets</p> <p>The importance and relevance of goal setting and the different types used to optimise performance</p>
6	<p>Characteristics and anatomical make-up of fibre types</p> <p>Structure of fibre types</p>	13	<p>Determinants of movement/running</p> <p>Components of fitness</p> <p>Principles of training</p>	28	<p>Mock exam on all topics</p> <p>Return scripts; identify areas for improvement</p>
7	<p>Fibre recruitment patterns for endurance and power based events</p> <p>The anatomy of the neuro muscular system</p>	14	<p>Measuring and calculating intensity</p> <p>Target Heart Rate and Karvonen's theory</p>		

Contemporary technologies

Half Term 2

**Topic 1
Applied anatomy and physiology**

**Topic 2
Exercise physiology and applied movement analysis**

Week	Content
8	The physiology of a muscular contraction Acute responses of the neuro muscular system Chronic adaptations of cardiorespiratory, cardiovascular, muscular-skeletal and neuro-muscular systems
9	Recap and consolidation of topic 1 Mock exam / test on topic 1

Half Term 2

**Topic 2
Exercise physiology and applied movement analysis**

**Topic 4
Sports Psychology**

Week	Content
15	Periodisation Methods of training and their appropriateness for different activities Advantages and disadvantages of different methods of training
16	Preparation for performance at altitude, in heat and in humidity Strategies for speeding up recovery

Half Term 2

Week	Content
29	Recap and consolidation of topic 1, 2, 4
30	Recap and consolidation of topic 1, 2, 4

10	<p>Topic 2</p> <p>Exercise physiology and applied movement analysis</p> <p>Dietary manipulation for performance pre, during and post physical activity</p> <p>Optimal weight for performance</p> <p>Electrolytes, hypotonic, hypertonic and isotonic solutions</p>	17	<p>Recap and consolidation of topic 2</p> <p>Mock exam / test on topic 2</p>	31	<p>Sports Psychology – A Level</p> <p>Self-confidence and the self-concept (Humanist)</p>
11	<p>The role and use of supplementation</p> <p>Contemporary supplements for enhancing performance</p> <p>Strategies for ensuring optimal food, fuel and fluid intake</p>	18	<p>Topic 4</p> <p>Sports Psychology</p> <p>Personality theories</p> <p>Interactionist theory</p>	32	<p>Vealey’s model of sport specific confidence including relevant sporting examples</p>
12	<p>Fitness testing</p> <p>Plotting, calculating and interpreting fitness test results</p>	19	<p>Wood’s Triadic Model</p> <p>Understanding how attitudes are formed and shape behaviour</p> <p>Changing attitudes: negative to positive – ‘cognitive dissonance’</p>	33	<p>Bandura’s Self-Efficacy Theory</p>
13	<p>Determinants of movement/running</p> <p>Components of fitness</p> <p>Principles of training</p>	20	<p>Arousal and its effect on performance</p> <p>Arousal and achieving optimal levels for performance</p> <p>Inverted-U hypothesis, Hull’s Drive Theory</p>	34	<p>Learned helplessness and its impact on performance</p>
14	<p>Measuring and calculating intensity</p> <p>Target Heart Rate and Karvonen’s theory</p>	21	<p>Anxiety and its effect on performance.</p> <p>Strategies to control anxiety: somatic and cognitive techniques.</p> <p>Relationship between arousal and anxiety</p>	35	<p>Review progress and arrangements of practical performance</p>
				36	<p>Review progress and arrangements of practical performance (continued)</p>

	Contemporary technologies			

Year 12 Physical Education

Key Stage 5

A/AS Level

Year 1: Teacher B – responsible for topics 3
and 5 and NEA

Autumn Term

Spring Term

Summer Term

Half Term 1

Topic 3 Skill acquisition

Week	Content
1	Topic 3 Skill acquisition Coaching styles Tactics and strategies in a game/competition/performance
2	Analysis of skills How to compare to higher level performer
3	Classification continuums of skills The uses of transfer of skills

Half Term 1

Topic 5 Sport in Society

Week	Content
15	Independent study
16	Review progress and arrangements of practical performance
17	Topic 5 Sport in Society Factors leading to the emergence and development of modern day sport Historical and social context of mob activities and popular recreation
18	The effect of the Industrial Revolution on British society and the impact on recreational activities

Half Term 1

Topic 5 Sport in Society

Week	Content
25	Mass participation and initiatives/programmes Participation trends in the UK in the 21 st century
26	Recap and consolidation of topic 5
27	Mock exam / test on topics 3 and 5
28	Independent study

4	The associative theories Reinforcement - and its application to learning skills		The socio-cultural factors that influenced the rationalisation of sport	29	Recap, consolidation and revision of topics 3 and 5
5	Thorndike's three laws in relation to learning Fitts and Posner's three stages of learning and the role of feedback at each stage	19	The emergence of competing for corporations ParaSport movement and improved opportunities for women in global sport Migration patterns of sporting labour	30	Recap, consolidation and revision of topics 3 and 5
6	Practice methods Practice structure Measuring effectiveness	20	Independent study Initial centre assessments of practical performance	31	Sport in Society (A Level) Ethics and deviance in sport The impact of commercialisation on the sportsmanship ethic and the growth of gamesmanship in the UK
7	The types, purpose and effectiveness of guidance methods	21	Colonial diffusion across the British Empire The creation, development and impact of national and international governing bodies		

Half Term 2

Topic 3 Skill acquisition

Week	Content
8	Uses of technology to underpin guidance methods
9	Types, purpose and effectiveness of feedback Use of technology to support feedback
10	Open and closed loop control models Application of each loop control model
11	Recap and consolidation of topic 3

Half Term 2

Topic 5 Sport in Society

Week	Content
22	The ideals, context and impact of the modern Olympic Games and other international sporting competitions
23	Centre assessments of practical performance
24	Barriers to participation, the benefits of mass participation on the health of the nation and the impact of wearable technology on participation
25	Mass participation and initiatives/programmes Participation trends in the UK in the 21 st century

Half Term 2

Sport in Society (A Level)

Week	Content
29	Recap, consolidation and revision of topics 3 and 5
30	Recap, consolidation and revision of topics 3 and 5
31	Sport in Society (A Level) Ethics and deviance in sport The impact of commercialisation on the sportsmanship ethic and the growth of gamesmanship in the UK
32	Types of deviance in sport Different responses of governing bodies, governments and the law

12	Mock exam / test on topic 3	26	Recap and consolidation of topic 5	33	Establishment of the World Anti-Doping Agency (WADA) and its effectiveness in combating drug use
13	Introduction to NEA work, Performance Analysis Begin independent study	27	Mock exam / test on topics 3 and 5	34	Sport and the media. The impact of technology on the viewing experience
14	Independent study	28	Independent study	35	Understanding of development routes from talent identification through to elite performance

		36	Systems of the identification and development of talent in the UK with specific reference to the approaches of former East Germany and Australia
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Year 13 Physical Education Key Stage 5 A/AS Level

Year 2: Teacher A – responsible for topics
1, 2 and 4

Autumn Term

Spring Term

Summer Term

Half Term 1

**Topic 1:
Applied anatomy and physiology**

Week	Content
1	<p>Topic 1: Applied anatomy and physiology</p> <p>Forms of energy to include: mechanical, electrical, potential, chemical and kinetic.</p> <p>Review of aerobic and anaerobic energy production</p>
2	<p>The role of energy as adenosine triphosphate (ATP)</p> <p>The characteristics and physiology of the three energy pathways</p>

Half Term 1

**Topic 2:
Exercise Physiology and Applied
Movement Analysis**

**Topic 4
Sport Psychology**

Week	Content
15	<p>Forces acting during flight that affect projectile motion Knowledge of the factors that determine the horizontal displacement of a projectile Application of projectile motion in refining technique in different sporting contexts Technique modification through the application of technology</p>
16	<p>Factors affecting fluid friction and air resistance and the application of these in sporting contexts Interaction of lift forces with objects</p>

Half Term 1

**Topic 4
Sport Psychology**

Exam Practice

Week	Content
25	<p>Mass participation and initiatives/programmes Participation trends in the UK in the 21st century</p>
26	Recap and consolidation of topic 5
27	Mock exam / test on topics 3 and 5
28	Independent study

3	The characteristics of the three pathways (continued)	17	Types of spin Magnus effect Technology: how fluid mechanics has influenced technological advancements in technique modification, clothing/suits, equipment/apparatus.	29	Recap, consolidation and revision of topics 3 and 5
4	The energy continuum when based around athletic running events. Positioning of athletic running events on the energy continuum	18	Recap and consolidation of topic 2	28	Mock Exam on all topics Return scripts; identify areas for improvement
5	Factors that contribute to fatigue: EPOC and the stages of recovery.	19	Topic 4 Sport Psychology Stress and stressors leading to anxiety – symptoms of physiological, psychological, and behavioural anxiety	29	Needs analysis on basis of Mock Exam Recap and consolidation of topic 1,2,4
6	The fast component - re-phosphorylation; the speed and rate of phosphogen replenishment. The slow component of recovery	20	Cognitive/Somatic Stress management techniques to optimise performance		
7	Energy systems and how they respond acutely to the demands of warming up/priming exercise.	21	Reasons for success and failure in sport Weiner's attribution theory and the four attributions		

Half Term 2

**Topic 2:
Exercise Physiology and Applied
Movement Analysis**

Week	Content
8	Recap and consolidation of topic 1
9	Topic 2: Exercise Physiology and Applied Movement Analysis Classifying two types of injuries: Acute injuries Overuse injuries Strategies to prevent injuries

Half Term 2

**Topic 4
Sport Psychology**

Week	Content
22	The three main dimensions of attribution Strategies to allow for attribution retraining.
23	Effective leadership and its impact on performance

10	Contemporary recovery methods and timescales for return to play for the acute and overuse injuries POLICE – Protection, Optimal Loading, Ice, Compression, Elevation.	24	The different types of leadership styles The advantages and disadvantages of each leadership style Theories of how leaders are created
11	RICE – Rest, Ice, Compression, Elevation. Advantages and disadvantages of rehabilitation strategies.	25	Recap and consolidation of topic 4
12	Factors associated with linear Motion	26	Recap and consolidation of topic 4 from Year 1 Term 3
13	Factors associated with Angular Momentum Factors affecting moment of inertia	27	Recap and consolidation of topic 1,2,4
14	Application and understanding of how angular motion is applied in a sporting context Effects of increasing or decreasing	28	Mock Exam on all topics Return scripts; identify areas for improvement

	the moment of inertia when rotating about an axes		
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Year 13 Physical Education

Key Stage 5

A/AS Level

Year 2: Teacher B – responsible for topics 3
and 5 and NEA

Autumn Term

Spring Term

Summer Term

Half Term 1

Topic 3 Skill Acquisition

Week	Content
1	Topic 3 Skill Acquisition An overview of the components of information processing
2	Welford and Whiting models, to include: <ul style="list-style-type: none"> • input, stimulus identification • perception and selective attention • response selection response programming, and output

Half Term 1

Topic 5 Sport and Society

Week	Content
15	Independent study
16	Topic 5 Sport and Society Commercialisation of sport and its impact on society Commercialisation and commodities

Half Term 1

Exam Practice

Week	Content
29	Recap and consolidation of topic 3
30	Recap and consolidation of topic 5
27	Mock exam / test on topics 3 and 5
28	Independent study

3	The role of detection, comparison and recognition (DCR) phases when processing information	17	The historical and social context of commercialisation: broken time payments; spectatorism; developments in the media	
4	The characteristics and functions of the three memory systems	18	<p>The events of the 1968, 1972 and the 1976 Olympics and their impact on the 1984 games</p> <p>Commercialisation of future sport created by Peter Ueberroth at the 1984 Olympic Games</p>	
5	The link between STSS, STM and LTM	19	<p>Franchises in sport (USA and UK), the power shift from the governing bodies to the media, the concept of the golden triangle</p> <p>Sports stars as global stars.</p> <p>The concept of competitive sports fixtures and events being played on other continents</p>	
6	Processing information in terms of retrieval and rehearsal and how this affects output	20	Recap and consolidation of topic 5	
7	Different types of Reaction time			

21	Mock Exam on all topics
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Half Term 2

Topic 3 Skill Acquisition

Week	Content
8	Factors affecting reaction time and ways a coach and performer can improve reaction time so as to optimise performance
9	Measuring reaction, movement and response time using appropriate technology. Using data to understand reaction times and Hick's Law Plotting, interpreting and analysing relevant data

Half Term 2

Week	Content
22	Final assessments of practical performance
23	Independent study

10	Schema theory as an organised package of information stored in LTM that updates and modifies motor programmes using four sources of information	24	Independent study	
11	Recap and consolidation of topic 3	25	Recap and consolidation of topic 5 from Year 1 Term 3	
12	Mock Exam on topic 3	26	Recap and consolidation of topic 5 from Year 1 Term 3	
13	Introduction to NEA work, Performance Development Programme Begin independent study Review progress of practical performance	27	Recap and consolidation of topic 3	
14	Independent study	28	Recap and consolidation of topic 5	

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