

Physical Education

Year 12

Half Term 1

Cardio-respiratory system
Cardiovascular system
Respiratory System
Skill continuums
Transfer of learning
Theories of learning and
performance

Half Term 3

Energy systems
Information processing
Efficiency of
information processing

Half Term 5

Ethics in sport
Violence in sport
Drugs in sport
Anxiety
Aggression
Motivation
Social facilitation
Group dynamics

Year 12 Mocks (April)



Progress Update 3
issued (May)



Analysis of Performance 20 marks 7.5% of A Level



Half Term 2

Neuromuscular system

Musculo-skeletal system

Guidance
Feedback

Memory models

Progress Update 1
issued (November)

Half Term 4

Concepts of physical activity and sport
Development of elite performers in sport
Personality
Attitudes
Arousal



Progress Update 2 issued (March)

Half Term 6

Sport and the law
Impact of
Commercialisation, physical
activity, and sport
Relationship between sport
and the media
Role of technology in
physical activity and sport
Goal setting
Attribution theory
Self-efficacy and confidence
Leadership

Stress management



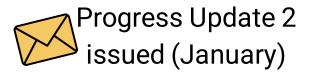
Physical Education

Year 13

Half Term 1

Diet and nutrition
Training methods
Pre-industrial Britain
Industrial and postindustrial Britain

Half Term 3



Linear motion
Angular motion
Emergence of
globalization of sport in
the 21st century

Half Term 5

Revision of all topics.

Exams



2 x 2 hour exams Equally weighted

Evaluation of performance

25 marks 7.5% of A Level

Students assessed as a performer or coach in the full sided version of one activity

45 marks 15% of A Level



Half Term 2



Progress Update 1 issued (November)

Injury prevention Levers
Post-World War 2
Sociological theory
applied to equal
opportunities

Year 13 Mocks (November)



Half Term 4

Projectile motion Fluid mechanics

Year 13 Mocks (February)





Progress Update 3 issued (March)

Results Day (August)