



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 post-industrial Britain

Half Term 2

 Progress Update 1 issued (November)

Half Term 3

 Progress Update 2 issued (January)

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

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

Year 13 Mocks (November)



Half Term 5

Revision of all topics.

Half Term 4

Projectile motion
Fluid mechanics


Year 13 Mocks (February)



Exams



2 x 2 hour exams
Equally weighted

 Progress Update 3 issued (March)

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

Results Day (August)

