

# Year: 12

# Subject: A LEVEL EXERCISE PHYSIOLOGY [3 lessons]

	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	Wk7	Wk8		
<b>Half Term 1</b> (1 <sup>st</sup> Sept – 23 <sup>rd</sup> October) 8 weeks	Introduction to Y12 course	Skeletal system Joints/ movement/ planes	Muscular system Functions & Movement analysis Fibre types	Types of contraction  Motor units	Introduction to CV system STRUCTURE	Introduction to CV system STRUCTURE	Assessmt ONE A&p and SOCIO	Assmt Feedback	<b>October Half Term Holiday</b>	
	Introduction to PRACTICAL UNIT Activity logs and evidence [in psych lesson]					How to answer a 10 mark Q	PRACTICAL UNIT GYM SESSION [Activity logs 1 <sup>st</sup> marking in psych LESSON]			
<b>Half Term 2</b> (2 <sup>nd</sup> November- 18 <sup>th</sup> December) 7 weeks	Cardiac cycle Conduction System	Regulators of CO	Vascular shunt Venous return mechanisms	Introduction to Respiratory system	LC1 Assessment TWO A & P and Socio	Wk13	Wk14	Wk15	<b>Christmas Holiday</b>	
					Assmt Feedback	Pulmonary Ventilation Control of Ventilation	VE=TV x F response to exercise Graph analysis			
<b>Half Term 3</b> (4 <sup>th</sup> January – 12 <sup>th</sup> February) 6 weeks	Gaseous exchange O2 dissociation	Lifestyle impact	Biomechanics Newtons Laws	Force & Motion / Calculations / Free body diagrams	Wk20	Wk21	TRIAL EXAMS Assessment THREE	February Half Term Holiday	What does this year contribute towards? How does this year deliver the curriculum intent? You will build up your research and independent study skills to become a successful A level PE student. You will explore the body systems in detail, becoming an expert in the skeletal, muscular, cardiovascular and respiratory system. You will use this knowledge and apply it to fitness training, to design innovative and up to date training to add to your Practical / Oral unit	
							PRACTICAL UNIT 2 <sup>nd</sup> Marking [in psych lesson]			
<b>Half Term 4</b> (22 <sup>nd</sup> February - 26 <sup>th</sup> March) 5 weeks	Stability / Centre of mass	Levers  Technology	LC2 Wk24 Ergogenic Aids Nutritional	Ergogenic Aids Pharmaceutical Physiological	Introduction to fitness and training PRACTICAL	Wk26	Easter Holiday			
	Assmt Feedback									
<b>Half Term 5</b> (12 <sup>th</sup> April – 28 <sup>th</sup> May) 7 weeks	Wk27	Wk28	Wk29	Wk30	Wk31	Wk32	AS EXAM 1	Wk33	AS EXAM 2	<b>May Half Term Holiday</b>
	PRINCIPLES of Training Training METHODS	Methods of EVALUATION PRACTICAL	AEROBIC CAPACITY	STRENGTH	FLEXIBILITY	PRACTICAL UNIT INTRODUCTION TO Y12 ORAL				
<b>Half Term 6</b> (7 <sup>th</sup> June – 16 <sup>th</sup> July) 6 weeks	Wk34	Wk35	Wk36	Wk37	LC3 Wk38	Wk39				<b>Summer Holiday</b>
	REVISION & PHYSIOLOGY THEORY PREP FOR MOCK EAPI	Y12 EAPI EXAM PREP  Y12 MOCK EAPI EXAM	TRIAL EXAMS Assessment FOUR  PRACTICAL UNIT 3 <sup>rd</sup> Marking [in psych lesson]	WORK EXPERIENCE	Assmt Feedback	Y13 PREP				

# Year:12

# Subject: A LEVEL PSYCHOLOGY [2 lessons]

	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	Wk7	Wk8	
<b>Half Term 1</b> (1 <sup>st</sup> Sept – 23 <sup>rd</sup> October) 8 weeks	Introduction to Y12 course	SKILL CLASSIFICATION		Practice - types and methods			How to answer a 10 mark Q	Assesmt ONE <b>A</b>	October Half Term Holiday
	Introduction to PRACTICAL UNIT Activity logs and evidence						PRACTICAL UNIT Activity logs 1 <sup>st</sup> marking		
<b>Half Term 2</b> (2 <sup>nd</sup> November- 18 <sup>th</sup> December) 7 weeks	Wk9	Wk10	Wk11	Wk12	LC1 Wk13	Wk14	Wk15		Christmas Holiday
	Assmt Feedback Guidance	Transfer of skills	Assesmt TWO <b>A</b> Assmt Fdback	Learning Theories			FEEDBACK		
<b>Half Term 3</b> (4 <sup>th</sup> January – 12 <sup>th</sup> February) 6 weeks	Wk16	Wk17	Wk18	Wk19	Wk20	Wk21	February Half Term Holiday	What does this year contribute towards? How does this year deliver the curriculum intent? You will build up your research and independent study skills to become a successful A level PE student. You will explore skill acquisition in detail, learning which types of practice suit different skills and learners. You will then apply this knowledge across sport psychology, looking in depth at how key areas like personality, motivation, attitude and arousal affect performance in sport.	
	Stages of Learning	Individual differences - PERSONALITY		Individual differences- ATTITUDE		TRIAL EXAMS Assesmt THREE PRACTICAL UNIT Logs -2 <sup>nd</sup> Marking <b>A</b>			
<b>Half Term 4</b> (22 <sup>nd</sup> February - 26 <sup>th</sup> March) 5 weeks	Wk22	Wk23	LC2 Wk24	Wk25	Wk26	Easter Holiday			
	Assmt Feedback	Individual differences - MOTIVATION		AROUSAL <b>A</b>					
<b>Half Term 5</b> (12 <sup>th</sup> April – 28 <sup>th</sup> May) 7 weeks	Wk27	Wk28	Wk29	Wk30	Wk31	Wk32	Wk33	May Half Term Holiday	
	ANXIETY	AGGRESSION	SOCILA FACILIATATION		Group and team dynamics <b>A</b>		REVISION & PSYCH THEORY PREP FOR MOCK EAPI		
<b>Half Term 6</b> (7 <sup>th</sup> June – 16 <sup>th</sup> July) 6 weeks	Wk34	Wk35	Wk36	Wk37	LC3 Wk38	Wk39	Summer Holiday		
	REVISION & PSYCH THEORY PREP FOR MOCK EAPI	REVISION Y12 MOCK EAPI EXAM <b>A</b>	TRIAL EXAMS Assesmt FOUR PRACTICAL UNIT Logs-3 <sup>rd</sup> Marking	WORK EXPERIENCE		Y13 PREP			

**Year: 12**

**Subject: A LEVEL SOCIO CULTURAL [1 lesson]**

	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	Wk7	Wk8	
<b>Half Term 1</b> (1 <sup>st</sup> Sept – 23 <sup>rd</sup> October) 8 weeks	Introduction to Y12 course	Emergence of sport – 7 factors Pre industrial			Case studies	Public schools	How to answer a 10 mark Q	Assessment Feedback	October Half Term Holiday
							Assessmt ONE <b>A</b>		
<b>Half Term 2</b> (2 <sup>nd</sup> November- 18 <sup>th</sup> December) 7 weeks	Public schools		Emergence of sport – 7 factors Post industrial <b>A</b>	Assessment TWO	Assmt Feedback	Emergence of sport Post industrial	Case studies	Christmas Holiday	
				LC1	Wk13	Wk14	Wk15		
<b>Half Term 3</b> (4 <sup>th</sup> January – 12 <sup>th</sup> February) 6 weeks	Sport in the 20 <sup>th</sup> century		Sport in the 21 <sup>st</sup> century			TRIAL EXAMS ASSESSMENT THREE <b>A</b>	February Half Term Holiday	What does this year contribute towards? How does this year deliver the curriculum intent? This year you will cover socio cultural aspects of sport. You will be able to answer the questions where did sport come from? How did Public schools influence all sport? How has sport developed in the 20 <sup>th</sup> and 21 <sup>st</sup> century? How does media and the Olympics influence society? Using this knowledge you will become a fully rounded A level PE students, with detailed knowledge across areas	
<b>Half Term 4</b> (22 <sup>nd</sup> February - 26 <sup>th</sup> March) 5 weeks	Assmt Feedback	Freedom of Movement	Media and intro to golden triangle	Global sporting events <b>A</b>	Easter Holiday				
	Globalisation								
<b>Half Term 5</b> (12 <sup>th</sup> April – 28 <sup>th</sup> May) 7 weeks	Olympics Aims & background	Olympic case studies <b>A</b>			Hosting Global events SPORTING SOCIAL POLITICAL ECONOMIC			May Half Term Holiday	
<b>Half Term 6</b> (7 <sup>th</sup> June – 16 <sup>th</sup> July) 6 weeks	REVISION & SOCIO THEORY PREP FOR MOCK EAPI	REVISION	TRIAL EXAMS Assessment FOUR <b>A</b>	WORK EXPERIENCE		Assmt Feedback	Summer Holiday		
		Y12 MOCK EAPI EXAM				Y13 PREP			

**Year: 13**

**Subject: A LEVEL EXERCISE PHYSIOLOGY [3 lessons]**

	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	LC1 Wk7	Wk8	
<b>Half Term 1</b> (1 <sup>st</sup> Sept – 23 <sup>rd</sup> October) 8 weeks	Introduction to Y13	Energy systems ATP – PC LA[OBLA] AEROBIC				Energy Continuum / Links to training		Recovery Process	October Half Term Holiday
		Energy Systems	TRIAL EXAMS Assessment ONE		Assmt Feedback				
<b>Half Term 2</b> (2 <sup>nd</sup> November- 18 <sup>th</sup> December) 7 weeks	Recovery Implications for Training	Environmental effects Heat & Altitude	Biomechanics Y12 RECAP	TRIAL EXAMS Assessment TWO	Assmt Feedback	Christmas Holiday			
						Linear motion	Graphs		
<b>Half Term 3</b> (4 <sup>th</sup> January – 12 <sup>th</sup> February) 6 weeks	Angular motion	Fluid Mechanics AR / Drag	Projectile motion Flight Paths	February Half Term Holiday		What does this year contribute towards? How does this year deliver the curriculum intent? Year 13 builds on the research and independent study skills learnt in year 12 to really focus develop your knowledge of key exercise physiology principals in sport. You will become a biomechanics expert and a fitness coach who can apply the energy systems to their training. You will leave prepared to become the next leaders in the sport industry.			
<b>Half Term 4</b> (22 <sup>nd</sup> February - 26 <sup>th</sup> March) 5 weeks	TRIAL EXAMS Assessment THREE	Assmt Feedback	EXAM PREP	ORAL EXAMS	Injury types	Easter Holiday			
	Bernoulli & Magnus		REVISION & PHYSIOLOGY THEORY PREP FOR EAPI						
<b>Half Term 5</b> (12 <sup>th</sup> April – 28 <sup>th</sup> May) 7 weeks	Injury treatment		Injury prevention	REVISION		EXTERNAL EXAM 1 27 <sup>TH</sup> MAY	May Half Term Holiday		
<b>Half Term 6</b> (7 <sup>th</sup> June – 16 <sup>th</sup> July) 6 weeks	EXTERNAL EXAM 2 8 <sup>TH</sup> JUNE	EXTERNAL EXAM 3 14 <sup>TH</sup> JUNE					Summer Holiday		

**Year: 13**

**Subject: A LEVEL SOCIO CULTURAL [1 lesson]**

	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	LC1	Wk7	Wk8	
<b>Half Term 1</b> (1 <sup>st</sup> Sept – 23 <sup>rd</sup> October) 8 weeks	Introduction to Y13	Ethics and Deviance in Sport	TRIAL EXAMS Assessment ONE IN TP LESSON <b>A</b>		Assmt Feedback	- Violence				October Half Term Holiday
<b>Half Term 2</b> (2 <sup>nd</sup> November- 18 <sup>th</sup> December) 7 weeks	- Gambling		Commercialism			TRIAL EXAMS Assessment TWO IN TP LESSON <b>A</b>	Assmt Feedback	Christmas Holiday		
							Media			
<b>Half Term 3</b> (4 <sup>th</sup> January – 12 <sup>th</sup> February) 6 weeks	Golden Triangle	LC2	Sporting Excellence				February Half Term Holiday			
<b>Half Term 4</b> (22 <sup>nd</sup> February - 26 <sup>th</sup> March) 5 weeks	TRIAL EXAMS <b>A</b>	REVISION & SOCIO THEORY PREP FOR EAPI		ORAL EXAMS <b>A</b>	Modern Technology	Easter Holiday				
	Assmt Feedback									
<b>Half Term 5</b> (12 <sup>th</sup> April – 28 <sup>th</sup> May) 7 weeks	Modern Technology <b>A</b>		REVISION				EXTERNAL EXAM 1 27 <sup>TH</sup> MAY			
<b>Half Term 6</b> (7 <sup>th</sup> June – 16 <sup>th</sup> July) 6 weeks	EXTERNAL EXAM 2 8 <sup>TH</sup> JUNE		EXTERNAL EXAM 3 14 <sup>TH</sup> JUNE		Summer Holiday					

**What does this year contribute towards? How does this year deliver the curriculum intent?**  
 Year 13 builds on the research and independent study skills learnt in year 12 to really focus develop your knowledge of key socio-cultural issues in sport. You will be able to link ethics and deviance in sport to present day themes and how gambling and commercialism permeate through sport at all levels

**Year: 13**

**Subject: A LEVEL SPORT PSYCHOLOGY [2 lessons]**

	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	LC1 Wk7	Wk8			
<b>Half Term 1</b> (1 <sup>st</sup> Sept – 23 <sup>rd</sup> October) 8 weeks	Introduction to Y13	MEMORY MODELS	ATTRIBUTION IN SPORT		TRIAL EXAMS Assessment	CONFIDENCE	SELF EFFICACY	LEADERSHIP	<b>October Half Term Holiday</b>		
	MEMORY MODELS				Assmt Feedback						
<b>Half Term 2</b> (2 <sup>nd</sup> November- 18 <sup>th</sup> December) 7 weeks	LEADERSHIP	STRESS MANAGEMENT	GOAL SETTING	REVISION / CONSOLIDATION OF YEAR 13 WORK		TRIAL EXAMS Assessment TWO	SKILL ACQUISITION	<b>Christmas Holiday</b>			
					Assmt Feedback						
<b>Half Term 3</b> (4 <sup>th</sup> January – 12 <sup>th</sup> February) 6 weeks	Wk16	LC2 Wk17	Wk18	Wk19	Wk20	Wk21	February Half Term Holiday			What does this year contribute towards? How does this year deliver the curriculum intent? Year 13 builds on the research and independent study skills learnt in year 12 to really focus upon key psychological principals in sport, why do some sports performers excel under pressure, when others falter? Why do some football managers never attribute failure to their team? These are the key questions you will be able to answer as we prepare you to become the next leaders in the sport industry	
	TYPES OF PRACTICE	TRANSFER OF LEARNING	STAGES OF LEARNING FEEDBACK	LEARNING THEORIES	Assmt Feedback	PERSONALITY					ATTITUDES
<b>Half Term 4</b> (22 <sup>nd</sup> February - 26 <sup>th</sup> March) 5 weeks	Wk22	Wk23	LC3 Wk24	Wk25	Wk26	Easter Holiday					
	TRIAL EXAMS Assessment THREE	Assmt Feedback	ORAL EXAMS PREP	ORAL EXAMS	ANXIETY						
REVISION & PSYCH THEORY PREP FOR EAPI											
MOTIVATION											
<b>Half Term 5</b> (12 <sup>th</sup> April – 28 <sup>th</sup> May) 7 weeks	Wk27	Wk28	Wk29	Wk30	Wk31	Wk32	Wk33	May Half Term Holiday	<b>ADDITIONAL TRIPS / VISITS TO GYMS / UNIVERSITY LABS / GUEST SPEAKERS ETC IN THIS LESSON</b>		
	AGGRESSION	SOCIAL FACILITATION	GROUP AND TEAM DYNAMICS	REVISION OF KEY TOPICS			EXTERNAL EXAM 1 27 <sup>TH</sup> MAY				
<b>Half Term 6</b> (7 <sup>th</sup> June – 16 <sup>th</sup> July) 6 weeks	Wk34	Wk35	Wk36	Wk37	Wk38	Wk39	Summer Holiday				
	EXTERNAL EXAM 2 8 <sup>TH</sup> JUNE	EXTERNAL EXAM 3 14 <sup>TH</sup> JUNE									

**Year: 13**

**Subject: A LEVEL ADDITIONAL CORONA LESSON!**

	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	LC1	Wk7	Wk8	
<b>Half Term 1</b> (1 <sup>st</sup> Sept – 23 <sup>rd</sup> October) 8 weeks	Introduction to Y13	How to answer a 20 mark Q <b>EXAMPLES</b>	TRIAL EXAMS Assessment ONE SOCIO <b>A</b>		PRACTICAL UNIT LOG UPDATES		LC1	Wk7	Wk8	October Half Term Holiday
			ASSESSMENT FEEDBACK - SOCIO							
<b>Half Term 2</b> (2 <sup>nd</sup> November- 18 <sup>th</sup> December) 7 weeks	Wk9	Wk10	Wk11	Wk12	Wk13	Wk14	Wk15	Christmas Holiday		
	Y12/13 SOCIO CULTURAL INPUT				EXAM REVISION	TRIAL EXAMS Assessment TWO SOCIO	Assmt Feedback SOCIO			
<b>Half Term 3</b> (4 <sup>th</sup> January – 12 <sup>th</sup> February) 6 weeks	Wk16	LC2	Wk17	Wk18	Wk19	Wk20	Wk21	February Half Term Holiday		
	SOCIO CULTURAL INPUT	PRACTICAL UNIT LOG UPDATES		REVISION & EAPI PREP <b>A</b>						
<b>Half Term 4</b> (22 <sup>nd</sup> February - 26 <sup>th</sup> March) 5 weeks	Wk22	Wk23	LC3	Wk24	Wk25	Wk26	Easter Holiday			
	PREP FOR EAPI <b>A</b>			ORAL EXAMS	PRACTICAL UNIT FINAL LOG					
<b>Half Term 5</b> (12 <sup>th</sup> April – 28 <sup>th</sup> May) 7 weeks	Wk27	Wk28	Wk29	Wk30	Wk31	Wk32	Wk33	May Half Term Holiday		
	THEORY EXAM PREP / REVISION						EXTERNAL EXAM 1 27 <sup>TH</sup> MAY			
<b>Half Term 6</b> (7 <sup>th</sup> June – 16 <sup>th</sup> July) 6 weeks	Wk34	Wk35	Wk36	Wk37	Wk38	Wk39	Summer Holiday			
	EXTERNAL EXAM 2 8 <sup>TH</sup> JUNE	EXTERNAL EXAM 3 14 <sup>TH</sup> JUNE								

What does this year contribute towards? How does this year deliver the curriculum intent? This year you have gained an additional lesson due to 2020 covid 19. This will be used to consolidate your knowledge and understanding of the topics covered over the last two years

**Practical unit**  
 Alongside the theory aspects of the course you will complete an activity log of your participation in sport, and prepare for an oral examination on an analysis of your chosen sport. Time will be allocated in this lesson to help you complete this.