

Year 12 A-Level PE

Subject and Year Group	Autumn Year 12	Autumn 2 Year 12	Spring 1 Year 12	Spring 2 Year 12	Summer 1 Year 12	Summer 2 Year 12
Topic/Unit to be studied	<p>1.1a Skeleto-muscular system</p> <p>2.1 Skill Acquisition</p> <p>3.1 Sport and Society</p>	<p>1.1b Cardiovascular System</p> <p>2.1 Skill Acquisition</p> <p>3.1 Sport and Society</p>	<p>1.1b Respiratory System</p> <p>2.1 Skill Acquisition</p> <p>3.1 Sport and Society</p>	<p>1.2a Diet</p> <p>2.2 Sports Psychology</p> <p>3.1 Sport and Society</p>	<p>1.2b Types of Training</p> <p>2.2 Sports Psychology</p> <p>3.1 Sport and Society</p>	<p>1.3a Biomechanics</p> <p>2.2 Sports Psychology</p> <p>3.2 Contemporary issues in physical activity and sport</p>
Core Knowledge and skills	<p>1.1a Skeletal-muscular system</p> <ul style="list-style-type: none"> • Joints movement and muscles • Functional roles of muscles and contractions • Analysis of movement • Skeletal muscle contraction • Muscle contraction during exercise of differing intensities and during recovery <p>2.1 Skill Acquisition</p> <ul style="list-style-type: none"> • Classification of skills 	<p>1.1b Cardiovascular System</p> <ul style="list-style-type: none"> • Cardiovascular system at rest • Cardiovascular system during exercise of differing intensities and during recovery <p>2.1 Skill Acquisition</p> <ul style="list-style-type: none"> • Principles and theories of learning movement skills • Stages of learning <p>3.1 Sport and Society</p> <ul style="list-style-type: none"> • Social and cultural factors 	<p>1.1b Respiratory System</p> <ul style="list-style-type: none"> • Respiratory system at rest • Respiratory system during exercise of differing intensities and during recovery <p>2.1 Skill Acquisition</p> <ul style="list-style-type: none"> • Guidance • Feedback • Memory Models <p>3.1 Sport and Society</p> <ul style="list-style-type: none"> • Sports Festivals • Development of Athletics 	<p>1.2a Diet</p> <ul style="list-style-type: none"> • Diet and nutrition • Ergogenic aids <p>2.2 Sports Psychology</p> <ul style="list-style-type: none"> • Personality • Motivation • Goal setting <p>3.1 Sport and Society</p> <ul style="list-style-type: none"> • Sport in the 20th Century 	<p>1.2b Types of Training</p> <ul style="list-style-type: none"> • Aerobic training • Strength training • Flexibility training • Periodisation of training • Impact of training on lifestyles diseases <p>2.2 Sports Psychology</p> <ul style="list-style-type: none"> • Arousal • Anxiety • Aggression <p>3.1 Sport and Society</p>	<p>1.3a Biomechanics</p> <ul style="list-style-type: none"> • Biomechanical principles • Levers • Analysing movement through the use of technology <p>2.2 Sports Psychology</p> <ul style="list-style-type: none"> • Stress management to optimise performance • Social facilitation <p>3.2 Contemporary issues in Physical activity and Sport</p> <ul style="list-style-type: none"> • Drugs in Sport • Violence in Sport

	<ul style="list-style-type: none"> • Types and methods of practice • Transfer of skills <p>3.1 Sport and Society</p> <ul style="list-style-type: none"> • Pre-industrial Britain • Influence of Public Schools 				<ul style="list-style-type: none"> • Global sporting events 	
<p>Assessment for and of Learning</p>	<ul style="list-style-type: none"> - Low stakes testing through Quizlets/Kahoots throughout lessons - End of Unit tests at the end of each phase - Jan/June mock exam 					