

## 1. Curriculum map by Year: Year 12 A-level PE

Lesson Focus		Homework	Assessment	Enrichment
06.09.21	Week 1	1. Applied A&P Cardiovascular system  6. Sports Psychology Aspects of personality  4. Exercise Physiology Diet and Nutrition	Flipped learning task – what is a chemoreceptor, baroreceptor and proprioceptor  Sport Psychology Read and make notes to fill in booklet-finish for homework	<b>Enrichment Clubs</b> are advertised around school, on our website and our social media.  <b>Trips:</b> - Champions League Fixture  <b>Interhouse Competitions:</b> - Basketball - Netball
13.09.21	Week 2	1. Applied A&P Cardiovascular system  6. Sports Psychology Attitudes  4. Exercise Physiology Diet and Nutrition	Research task on cardiovascular drift and questions out of the book  Sport psychology – past exam questions  Homework 1) Complete the 8 mark question 2) Complete the blank table showing the food groups and their exercise related function (this is for revision) 3) Extension – can you research an article about an athlete talking about their use of taking dietary supplements?	
20.09.21	Week 3	1. Applied A&P Cardiovascular system  6. Sports Psychology Arousal  4. Exercise Physiology Understanding Data	Exam pro questions on CV system	
27.09.21	Week 4	1. Applied A&P Cardiovascular system  6. Sports Psychology Anxiety	Finish exam pro questions on anxiety	
04.10.21	Week 5	1. Applied A&P Cardiovascular system  6. Sports Psychology Aggression  4. Exercise Physiology Warm Up/Cool Down	Research task on cardiovascular drift and questions out of the book  Research and complete the disadvantages for each theory of aggression.	
18.10.21	Week 6	1. Applied A&P Cardiovascular system  6. Sports Psychology	1. <b>Complete exam pro questions on motivation for homework</b> 2. <b>Read chapter in textbook on social facilitation-complete booklet</b>	

		Motivation 4. Exercise Physiology Principles of Training	Exam pro past question with extension and challenge tasks on warm up and cool down		
01.11.21	Week 7	Anatomy & Physiology respiratory system 6. Sports Psychology Social Facilitation 4. Exercise Physiology Periodisation	Explain how the structure of the respiratory system allows us to get oxygen to the working muscles effectively (8 marks)  Booklet on group dynamics		
08.11.21	Week 8	Anatomy & Physiology respiratory system 6. Sports Psychology Group Dynamics 4. Exercise Physiology Training Methods	Exam pro questions on the respiratory system  Mindmap on respiratory system  Exam pro questions on group dynamics  Complete all notes/mind maps on training methods		
15.11.21	Week 9	Anatomy & Physiology Neuromuscular system 6. Sports Psychology Goal Setting	Make notes on goal setting Revise for an upcoming end of topic test. Exam pro past question with extension and challenge tasks on warm up and cool down		<p><b>Enrichment Clubs</b> are advertised around school, on our website and our social media.</p> <p><b>Trips:</b></p> <ul style="list-style-type: none"> <li>- International Football Fixture</li> <li>- Basketball Fixture</li> </ul> <p><b>Interhouse Competitions:</b></p> <ul style="list-style-type: none"> <li>- Gymnastics</li> </ul>
22.11.21	Week 10	Anatomy & Physiology Neuromuscular system	8 mark question on neuromuscular muscle fibre types	<p><b>END OF TOPIC TEST SPORT PSYCHOLOGY</b></p> <p>END OF TOPIC TEST EXERCISE PHYSIOLOGY</p>	
29.11.21	Week 11	Anatomy & Physiology musculoskeletal system 4. Biomechanics Biomechanical principles	<b>Past exam questions and mindmap on musculoskeletal</b>  Apply Newton's Law to 3 different sporting examples Lay this out like the page in your booklet		
06.12.21	Week 12	2. Skill Acquisition Skill Continuum 5. Biomechanics Linear Motion 3. Sport and Society Pre-Industrial	Complete past paper questions on skill and skill continuums  Group presentation on the characteristics of either Mob Football or Real Tennis.		
13.12.21	Week 13	2. Skill Acquisition Structure of Practice 3. Sport and Society	Explanation of how each factor led to the rationalisation of sport		

		Pre- industrial 5. Biomechanics Linear Motion	To ensure tables on types of practice and methods of presenting practice are completed.		
03.01.22	Week 14	2. Skill Acquisition Theories of Learning 3. Sport and Society Post-Industrial 5. Biomechanics Levers	Share out learning theories between group to research: 1. Insight learning (Gesalt)- cognitive theory 2. Operant conditioning (Skinner)- behaviourism 3. Observational learning (Bandura)- social learning 4. Social development theory (Vygotsky)- constructivism Must create an information sheet to present to the rest of the class  Research women in sport and amateur and professional	<b>END OF TOPIC TEST BIOMECHANICS</b>	
10.01.22	Week 15	2. Skill Acquisition Theories of Learning 3. Sport and Society Post-industrial	Research the following types of feedback: 1. Positive 2. Negative 3. Intrinsic 4. Extrinsic 5. Knowledge of performance 6. Knowledge of results		
17.01.22	Week 16	2. Skill Acquisition Methods of Guidance 3. Sport and Society Post-industrial	Create an information leaflet detailing the development of women's football, women's tennis or athletics to give to the class	<b>YR 12 MOCKS</b>	<b>Enrichment Clubs</b> are advertised around school, on our website and our social media.  <b>Trips:</b> - PGL Residential
24.01.22	Week 17	START COURSEWORK 2. Skill Acquisition Types of Feedback 3. Sport and Society Post WW2	Research ways that the media has enhanced and hindered sport and sports performers.	YEAR 12 MOCKS	<b>Interhouse Competitions:</b> - Dodgeball - Badminton
31.01.22	Week 18	START COURSEWORK 3. Sport and Society Post WW2			
07.02.22	Week 19	COURSEWORK 3. Sport and Society Sociological theory	Add main information onto A3 mind map Research the social action theory in relation to social issues in physical activity and sport		
14.02.22	Week 20	COURSEWORK 3. Sport and Society Sociological theory	Produce a revision mind map for Sociology section of this topic.		
28.02.22	Week 21	<b>COURSEWORK AND REVISION</b>		<b>END OF TOPIC TEST SKILL ACQUISITION &amp; SPORT AND SOCIETY</b>	
07.03.22	Week 22	7. Role of Technology Technology	Complete exam questions created in the lesson		<b>Enrichment Clubs</b> are advertised around school, on our website and our

14.03.22	Week 23	7. Role of Technology Function	To research further into video analysis (look at websites) and answer all questions		social media.
21.03.22	Week 24	. Role of Technology Equipment/Facilities	8 mark question- discuss the suggestion that technology is improving the experience of the performer in modern day sport. - Plan together then answer for homework		<b>Trips:</b> - Netball Super League
28.03.22	Week 25	7. Role of Technology Impact			<b>Interhouse Competitions:</b> - Football - Handball
04.04.22	Week 26	7. Role of Technology Impact	Finish revision mind map and revision for this topic and ALL other AS topics.		
19.04.22	Week 27	CATCH UP			
26.04.22	Week 28	REVISION		PAST PAPER MOCK EXAM	<b>Enrichment Clubs</b> are advertised around school, on our website and our social media.
03.05.22	Week 29	REVISION			
10.05.22	Week 30	REVISION		PAST PAPER	<b>Trips:</b> - Woman's FA Cup Final
17.05.22	Week 31	REVISION		PAST PAPER	<b>Interhouse Competitions:</b> - Hockey - Cross Country
06.06.22	Week 32	REVISION			
13.06.22	Week 33				
20.06.22	Week 34				<b>Enrichment Clubs</b> are advertised around school, on our website and our social media.
27.06.22	Week 35				
04.07.22	Week 36				<b>Trips:</b> - Cricket T20 - Indoor Athletics
11.07.22	Week 37				
18.07.22	Week 38				<b>Interhouse Competitions:</b> - Cricket - Rounders - Sports Day
12.07.21	Week 39				
19.07.21	Week 40				

