

## 1. Curriculum map by Year: Year 13 A-level PE

Lesson Focus		Homework	Assessment	Enrichment	
06.09.21	Week 1	1. Applied A&P Energy transfer – short duration  2. Skill acquisition Memory models	Flipped learning homework on energy systems – create a poster  Research and up level knowledge on the following: selective attention and DCR process.	<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	. Applied A&P Energy transfer – long duration  1. Applied A&P Factors affecting VO2 Max  2. Skill acquisition Definitions/factors affecting response time (2)	Formative assessment – plenary questions  Flipped learning – factors that affect VO2 Max  Research and make notes on Schema Theory (use video) and add additional research. How does this help us understand perception further?		
20.09.21	Week 3	. Applied A&P Measurements of energy expenditure  1. Applied A&P Specialist training methods on energy systems  2. Skill acquisition Whitling’s information processing model (3)	Formative assessment – 15 mark ESSAY QUESTION  15 marker- evaluate the effectiveness of memory in the decision making process for elite athletes. Use sporting examples to support your answer		
27.09.21	Week 4	3. Exercise Physiology Types of injury  2. Skill acquisition Definitions of anticipation/strategies to improve response time (4)	Exam pro questions  Create a revision mind map for memory models		ANATOMY AND PHYSIOLOGY END OF TOPIC TEST
04.10.21	Week 5	3. Exercise Physiology Injury prevention/rehabilitation & recovery  3. Exercise Physiology Injury prevention/rehabilitation & recovery  2. Skill acquisition Schmidt’s schema theory (5)	Exam pro questions  Read textbook and make notes on the remaining content for Skill Acquisition A2 (flipped learning)		
18.10.21	Week 6	3. Exercise physiology Physiological reasons for rehabilitation methods  3. Exercise Physiology Sleep and nutrition for recovery  2. Skill acquisition Schmidt’s schema theory (6)	Exam pro questions. Produce a presentation on Schema Theory		
01.11.21	Week 7	6. Biomechanics Linear Motion	Mindmap – linear motion and equations table		

		2. Skill acquisition Strategies to improve information processing (7)			
08.11.21	Week 8	6. Biomechanics Linear Motion  6. Biomechanics Angular motion  2. Skill acquisition Strategies to improve information processing (8)	Exam pro questions on linear motion		
15.11.21	Week 9	. Biomechanics Projectile motion  6. Biomechanics Fluid mechanics  7. Sport and society Concepts of physical activity in sport (1)	15 mark question on angular motion	EXERCISE PHYSIOLOGY AND SKILL ACQUISITION END OF TOPIC TEST	<b>Enrichment Clubs</b> are advertised around school, on our website and our social media.  <b>Trips:</b> - International Football Fixture - Basketball Fixture
22.11.21	Week 10	Recap Achievement motivation Revision and questions  5. Sport Psychology Self efficacy and confidence (4)  7. Sport and society Concepts of physical activity in sport (2)	Past exam questions on self efficacy and confidence		<b>Interhouse Competitions:</b> - Gymnastics
29.11.21	Week 11	5. Sport Psychology Self efficacy and confidence (5)  5. Sport psychology Self efficacy and confidence (6)  Sport and society Development of elite performers in sport (3)	. Research the following theories of leadership: 1. Fiedler's Contingency Theory 2. Chelladurai's Multi-Dimensional Model		
06.12.21	Week 12	5. Sport Psychology Leadership (7)  5. Sport Psychology Leadership (8)  7. Sport and society Development of elite performers in sport (4)	Make notes on: • General and specific learned helplessness • Strategies to avoid learned helplessness leading to improvements in performance. Challenge: create own exam questions		
13.12.21	Week 13	5. Sport Psychology Leadership (9)  5. Sport Psychology Stress management (10)  7. Sport and society Ethics in sport (5)	Questions from exam pro on two theories of leadership Revision mind map for leadership  Plan and gain additional research (through textbook and internet) to answer 15 mark question.		

03.01.22	Week 14	5. Sport Psychology Stress management (11) 4. Sport Psychology Attribution theory (12) 7. Sport and society Ethics in sport (6)	Make notes on: • General and specific learned helplessness • Strategies to avoid learned helplessness leading to improvements in performance. Challenge: create own exam questions		
10.01.22	Week 15	4. Sport Psychology Attribution theory (13) 4. Sport Psychology Attribution theory (14) 7. Sport and society Violence in sport (7)	Create own exam questions on attribution and learned helplessness Challenge: must cover AO1, AO2 and AO3.		
17.01.22	Week 16	7. Sport and society Role of technology (1) 7. Sport and society Role of technology (2) 7. Sport and society Violence in sport (8)	Mind map on Sport Psychology	<b>END OF TOPIC TEST SPORT PSYCHOLOGY</b>	<b>Enrichment Clubs</b> are advertised around school, on our website and our social media.  <b>Trips:</b> - PGL Residential  <b>Interhouse Competitions:</b> - Dodgeball - Badminton
24.01.22	Week 17	Sport and society Role of technology (3) 7. Sport and society Drugs in sport (9)	Questions on page 115		
31.01.22	Week 18	COURSEWORK 7. Sport and society Drugs in sport (10)	COURSEWORK		
07.02.22	Week 19	COURSEWORK 7. Sport and society Drugs in sport (10)	COURSEWORK		
14.02.22	Week 20	COURSEWORK 7. Sport and society Sport and the Law (11)	COURSEWORK		
28.02.22	Week 21	COURSEWORK 7. Sport and society Sport and the Law (11)	COURSEWORK		
07.03.22	Week 22	COURSEWORK 7. Sport and society Commercialisation (14)	COURSEWORK	<b>PRACTISE PAPER</b>	
14.03.22	Week 23	COURSEWORK	<b>COURSEWORK</b>		

21.03.22	Week 24	COURSEWORK		COURSEWORK	COURSEWORK HAND IN DEADLINE	- Netball Super League
28.03.22	Week 25	REVISION				<b>Interhouse Competitions:</b> - Football - Handball
04.04.22	Week 26	REVISION			MOCK EXAMS	
19.04.22	Week 27	REVISION			MOCK EXAMS	
26.04.22	Week 28	REVISION		REVISION		<b>Enrichment Clubs</b> are advertised around school, on our website and our social media.  <b>Trips:</b> - Woman's FA Cup Final  <b>Interhouse Competitions:</b> - Hockey - Cross Country
03.05.22	Week 29	REVISION		REVISION		
10.05.22	Week 30	REVISION		REVISION		
17.05.22	Week 31	REVISION		REVISION		
06.06.22	Week 32	REVISION		REVISION		
13.06.22	Week 33	REVISION		REVISION		
20.06.22	Week 34	REVISION		REVISION		<b>Enrichment Clubs</b> are advertised around school, on our website and our social media.  <b>Trips:</b> - Cricket T20 - Indoor Athletics  <b>Interhouse Competitions:</b> - Cricket - Rounders - Sports Day
27.06.22	Week 35					
04.07.22	Week 36					
11.07.22	Week 37					
18.07.22	Week 38					
12.07.21	Week 39					
19.07.21	Week 40					

