

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

			Lesson focus	homework	assessment	Enrichment
Autumn 1	05.09.22	Week 1	1. Applied A&P Cardiovascular system			<b>Enrichment Clubs</b> are advertised around school, on our website and our social media.  <b>Trips:</b> - Champs League Fixture  <b>Interhouse Competitions:</b> - Basketball - Netball
	12.09.22	Week 2	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		
	19.09.22	Week 3	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?		
	26.09.22	Week 4	1. Applied A&P Cardiovascular system  6. Sports Psychology Arousal  4. Exercise Physiology Understanding Data	Exam pro questions on CV system	BASELINE ASSESSMENT	
	03.10.22	Week 5	1. Applied A&P Cardiovascular system  6. Sports Psychology Anxiety	Finish exam pro questions on anxiety		
	10.10.22	Week 6	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.		

	17.10.22	Week 7	1. Applied A&P Cardiovascular system  6. Sports Psychology Motivation  4. Exercise Physiology Principles of Training	1. <b>Complete exam pro questions on motivation for homework</b>  2. <b>Read chapter in textbook on social facilitation- complete booklet</b>  Exam pro past question with extension and challenge tasks on warm up and cool down		
Autumn 2	31.10.22	Week 8	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		
	07.11.22	Week 9	Anatomy & Physiology respiratory system  6. Sports Psychology Group Dynamics  . Exercise Physiology Injury prevention/rehabilitation & recovery	Exam pro questions on the respiratory system  Exam pro questions on group dynamics  Exam pro questions		<b>Enrichment Clubs</b> are advertised around school, on our website and our social media.  <b>Trips:</b> - International Football Fixture - Basketball Fixture
	14.11.22	Week 10	Anatomy & Physiology Neuromuscular system  6. Sports Psychology Goal Setting  3. Exercise Physiology Injury prevention/rehabilitation & recovery	Exam pro questions on the respiratory system  Make notes on goal setting		<b>Interhouse Competitions:</b> - Gymnastics
	21.11.22	Week 11	Anatomy & Physiology Neuromuscular system  5. Sport Psychology Self efficacy and confidence (4)  3. Exercise physiology: Physiological reasons for rehabilitation methods	8 mark question on neuromuscular muscle fibre types  Past exam questions on self efficacy and confidence		
	28.11.22	Week 12	Anatomy & Physiology musculoskeleta system  5. Sport Psychology Self efficacy and confidence (5)  3. Exercise Physiology Sleep and nutrition for recovery			

	05.12.22	Week 13	Anatomy & Physiology musculoskeletal system  5. Sport Psychology Self efficacy and confidence (5)	<b>Past exam questions and mindmap on musculoskeletal</b>  Research the following theories of leadership: 1. Fiedler's Contingency Theory 2. Chelladurai's Multi-Dimensional Model		
	12.12.22	Week 14	5. Sport Psychology Leadership (7)			
Spring 1	02.01.23	Week 15	5. Sport Psychology Leadership (9)  4. Biomechanics Biomechanic principles  1. Applied A&P Energy transfer – short duration	Make notes on: <ul style="list-style-type: none"> <li>General and specific learned helplessness</li> <li>Strategies to avoid learned helplessness leading to improvements in performance.</li> </ul> Challenge: create own exam questions  Flipped learning homework on energy systems – create a poster	<b>SUMMATIVE ASSESSMENT ON EVERYTHING SO FAR</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
	09.01.23	Week 16	5. Sport Psychology Stress management (10)  . Biomechanics Linear Motion  Applied A&P Energy transfer – short duration	Questions from exam pro on two theories of leadership Revision mind map for leadership		
	16.01.23	Week 17	5. Sport Psychology Stress management (11)  4. Biomechanics Biomechanic principles  Applied A&P Energy transfer – short duration	Make notes on: <ul style="list-style-type: none"> <li>General and specific learned helplessness</li> <li>Strategies to avoid learned helplessness leading to improvements in performance.</li> </ul> Challenge: create own exam questions		
	23.01.23	Week 18	4. Sport Psychology Attribution theory (12)  5. Biomechanics Newton's Laws  Applied A&P Energy transfer – long duration	Apply Newton's Law to 3 different sporting examples Lay this out like the page in your booklet		
	30.01.23	Week 19	4. Sport Psychology Attribution theory (13)  . Biomechanics Levers  Applied A&P Energy transfer – long duration	Create own exam questions on attribution and learned helplessness Challenge: must cover AO1, AO2 and AO3.		
	06.02.23	Week 20	4. Sport Psychology Attribution theory (13)	Flipped learning – factors that affect VO2 Max		

			Applied A&P Energy transfer – long duration			
	13.02.23	Week 21	6. Biomechanics Linear Motion  <b>1. Applied A&amp;P Factors affecting VO2 Max</b>  <b>4. Sport Psychology Attribution theory (13)</b>  <b>6. Biomechanics Linear Motion</b>	Formative assessment – plenary questions  Mindmap – linear motion and equations table		
Spring 2	27.02.23	Week 22	3. Sport and Society Pre-Industrial  6. Biomechanics Angular Motion  . Applied A&P Measurements of energy expenditure	Group presentation on the characteristics of either Mob Football or Real Tennis.  Formative assessment – 15 mark ESSAY QUESTION		<b>Enrichment Clubs</b> are advertised around school, on our website and our social media.  <b>Trips:</b> - Netball Super League  <b>Interhouse Competitions:</b> - Football - Handball
	06.03.23	Week 23	3. Sport and Society Pre- industrial  6. Biomechanics Angular Motion  . Applied A&P Specialist training methods on energy systems	<b>Explanation of how each factor led to the rationalisation of sport</b>  <b>15 mark question on angular motion</b>  <b>Exam pro questions</b>		
	13.03.23	Week 24	3. Sport and Society Post-Industrial  6. Biomechanics Projectile Motion	<b>Research women in sport and amateur and professional</b>		
	20.03.23	Week 25	3. Sport and Society Post-Industrial  6. Biomechanics Projectile Motion  2. Skill Acquisition Skill Continuum	Create an information leaflet detailing the development of women's football, women's tennis or athletics to give to the class  Complete past paper questions on skill and skill continuums		
	27.03.23	Week 26	3. Sport and Society Post WW2  6. Biomechanics Fluid Mechanics  2. Skill Acquisition Structure of Practice	To ensure tables on types of practice and methods of presenting practice are completed.		

Summer 1	17.04.23	Week 27	<p>3. Sport and Society Post WW2</p> <p>. Biomechanics Fluid Mechanics</p> <p>2. Skill Acquisition Theories of Learning</p>	<p>Share out learning theories between group to research:</p> <ol style="list-style-type: none"> <li>1. Insight learning (Gestalt)- cognitive theory</li> <li>2. Operant conditioning (Skinner)- behaviourism</li> <li>3. Observational learning (Bandura)- social learning</li> <li>4. Social development theory (Vygotsky)- constructivism</li> </ol> <p>Must create an information sheet to present to the rest of the class</p>		<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>- Woman's FA Cup Final</li> </ul> <p><b>Interhouse Competitions:</b></p> <ul style="list-style-type: none"> <li>- Hockey</li> <li>- Cross Country</li> </ul>
	24.04.23	Week 28	<p>3. Sport and Society Sociological theory</p> <p>2. Skill Acquisition Theories of Learning</p>	<p>Research the following types of feedback:</p> <ol style="list-style-type: none"> <li>1. Positive</li> <li>2. Negative</li> <li>3. Intrinsic</li> <li>4. Extrinsic</li> <li>5. Knowledge of performance</li> <li>6. Knowledge of results</li> </ol>		
	01.05.23	Week 29	<p>3. Sport and Society Sociological theory</p> <p>7. Role of Technology Technology</p> <p>2. Skill Acquisition Methods of Guidance</p>	<p>Add main information onto A3 mind map</p> <p>Research the social action theory in relation to social issues in physical activity and sport</p> <p>Complete exam questions created in the lesson</p>		
	08.05.23	Week 30	<p>7. Sport and society Concepts of physical activity in sport (1)</p> <p>7. Role of Technology Function</p> <p>2. Skill acquisition Memory models</p>	<p>To research further into video analysis (look at websites) and answer all questions</p>		
	15.05.23	Week 31	<p>7. Sport and society Concepts of physical activity in sport (2)</p> <p>. Role of Technology Equipment/Facilities</p> <p>2. Skill acquisition Definitions/factors affecting response time (2)</p>	<p>8 mark question- discuss the suggestion that technology is improving the experience of the performer in modern day sport.</p> <p>- Plan together then answer for homework</p>		
	22.05.23	Week 32	<p>. Sport and society Development of elite performers in sport (3)</p> <p>7. Role of Technology Impact</p> <p>2. Skill acquisition Whitling's information processing model (3)</p>	<p>Plan and gain additional research (through textbook and internet) to answer 15 mark question.</p> <p>Finish revision mind map and revision for this topic</p>		
Summer	05.06.23	Week 33	MOCK EXAMS	MOCK EXAMS	MOCK EXAM	<p><b>Enrichment Clubs</b> are advertised around school, on our website and our social media.</p>
	12.06.23	Week 34	MOCK EXAMS	MOCK EXAMS	MOCK EXAM	

			<p>7. Sport and society Development of elite performers in sport (4)</p> <p>7. Sport and society Role of technology (1)</p> <p>2. Skill acquisition Defintions of anticipation/strategies to improve response time (4)</p>	Create a revision mind map for memory models		<p><b>Trips:</b></p> <ul style="list-style-type: none"> <li>- Cricket T20</li> <li>- Indoor Athletics</li> </ul> <p><b>Interhouse Competitions:</b></p> <ul style="list-style-type: none"> <li>- Cricket</li> <li>- Rounders</li> <li>- Sports Day</li> </ul>
19.06.23	Week 35		<p>7. Sport and society Ethics in sport (5)</p> <p>7. Sport and society Role of technology (1)</p> <p>2. Skill acquisition Defintions of anticipation/strategies to improve response time (4)</p>	Research and make notes on Schema Theory (use video) and add additional research. How does this help us understand perception further?		
26.06.23	Week 36		<p>7. Sport and society Ethics in sport (5)</p> <p>7. Sport and society Role of technology (1)</p> <p>2. Skill acquisition Schmidt's schema theory (6)</p>	Exam pro questions. Produce a presentation on Schema Theory		
03.07.23	Week 37		<p>7. Sport and society Violence in sport (5)</p> <p>7. Sport and society Role of technology (1)</p> <p>2. Skill acquisition Schmidt's schema theory (6)</p>	Exam pro questions. Produce a presentation on Schema Theory		
10.07.23	Week 38					
17.07.23	Week 39		CATCH UP	CATCH UP		

