



The PE Department Intent aims to:

To offer excellent opportunities to students to develop a healthy life and a love of physical activity

To become the best they can be and achieve some sporting success in a competitive situation

To develop a first class teaching and learning environment where both staff and students enjoy working hard together to achieve success and be active for a sustained period of time

To offer a wide variety of activities so all students have the opportunity to enjoy sport and find something they excel in.

Y	Autumn Term															Spring Term												Summer Term											
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
Anat & Phys	Topic: Joints, Muscles and Movement Assessments Half Term Unit Test Substantive knowledge Names and location of muscles Procedural Knowledge Skills Location and application on diagrams. Applying movement Analysis								Topic Movement Analysis & Muscle Contraction Assessments Half Term Unit Test SK Identification of types of contraction PK How exercise affects contraction S Applying movement Analysis							Topic The Cardiovascular System at rest Assessments Mock Exam SK Relationship between Cardiac Output, Stroke Volume and heart rate PK Knowing the cardiac cycle S Calculating cardiac output						Topic Cardiovascular System during exercise Assessments Half Term Unit Test SK Redistribution of CO during exercise, heart rate regulation PK effect of various exercises on cardiac output S calculating different heart rates during exercise						Topic Respiratory System at rest Assessments Half Term Unit Test SK Knowledge of breathing system, stroke volume, tidal volume PK Mechanics of breathing S Calculating minute ventilation						Topic Respiratory System during Exercise Assessments End of Year Test SK understanding effect of exercise on mechanics of breathing PK effect of exercise on neural control S calculating changes in pressure gradient					
Ex Phys & Bio	Topic: Nutrition & Ergogenic Aids Assessments Half Term Unit Test SK Identify Nutrient and Types of Aids PK Be able to analyse different types of Ergogenic Aids S Application to sport with examples								Topic Training, Periodisation, Training Methods Assessments Half Term Unit Test SK what the different methods of training are and how this fits with periodisation PK How used in different sports S Analytical skills on which are best and why							Topic Types of Training Assessments Mock Exam SK Examples of training types PK How they are used in different sports S Analytical skills on which are best and why						Topic Types of Training Continued and Diseases Assessments Half Term Unit Test SK what they are PK how they affect the body S Analytical skills on outcomes						Topic Newtons Laws & Force Assessments Half Term Unit Test SK What are they, how do they work PK Application to practical examples S Calculations of forces						Topic Free Body Diagrams, Technology, Lever Systems Assessments End of Year Test SK Knowledge of lever systems, free body diagrams and new technology PK Application to sporting examples S Drawing of free body diagrams and Lever calculations					
Social	Topic Pre Industrial & Post Industrial Assessments Half Term test SK How social and cultural factors shaped the pre-industrial and post industrial Britain PK Chronological Ordering and sporting examples S Application of knowledge to question								Topic 20th Century & 21 st Century Globalisation Assessments Half term test SK How social factors shaped characteristics of and participation in sport in 20 th and 21 st century PK Chronological Ordering and sporting examples S Application to question							Topic The Modern Olympic Games Assessments Mock Exam SK Know background and aims of modern Olympics PK Identify timeline of Olympics S Application to questions						Topic Political exploitation of the Olympic games Assessments End Of Topic Test SK Identify the 5 games with events PK Knowledge of happenings of events and examples S Application to questions						Topic Hosting Global Sporting events: Sporting, Social, economic & political impacts Assessments End Of Topic Test SK Reasons for hosting the events PK Sporting examples						Topic Hosting Global Sporting events: Sporting, Social, economic & political impacts Assessments End of Year Test SK Knowledge of economic, political, social and sporting event PK Sporting examples S Positives and Negatives of these					

					S Positive and Negatives of hosting events	
Ex Phys Physiology	Topic ATP and energy transfer Assessments End of unit test SK ATP/PC system, Glycolytic system, Aerobic system PK Process of energy S Application to question	Topic energy systems and ATP resynthesis Assessments End of unit test SK Energy systems PK Effect of exercise S Application to question	Topic The Recovery Process Assessments End of unit test SK Body returning to pre exercise state & EPOC PK Effect of exercise on EPOC S Data interpretation	Topic Exercise at altitude and exercise in the heat Assessments End of unit test SK PK S	Topic Revision Assessments Final Exam SK PK S	
Biomechanics	Topic: Linear Motion Assessments Half Term Unit Test SK What it is, how does it work PK Application to sporting examples S Plot and Interpret graphs of linear motion	Topic Angular Motion Assessments Half Term Unit Test SK What is moment of Inertia, Angular Momentum and Angular Velocity PK Sporting examples of rotation around and axis S Calculations of angular momentum	Topic Fluid Motion & Projectile Motion Assessments Mock Exam SK Factors affecting fluid mechanics & projectile motion PK How do factors affect motion and can they apply to sporting examples S Analytical skills and application & drawing of flight paths	Topic Revision Assessments Revision/ Practice Exams SK PK S	Topic Assessments Final Exam SK PK S	
Contemporary Issues	Topic Ethics and deviance in Sport Drugs and Doping Violence in Sport Assessments End of Topic test SK Knowledge of variety of drug and violence PK Sporting examples S Evaluation of consequences	Topic Gambling, Sport, Sponsorship & The Media Assessments End of Topic test SK Reasons for gambling. Relationship of Sports, Sponsorship and Media PK Examples of connections between Sport, Sponsorship and the Media S Application to exam Question	Topic Routes to Sporting Excellence & National Institutes & Modern Technology Assessments End of Topic test SK Development routes of talent ID to Elite Sport PK Examples of Sporting routes and examples S Analysis and evaluation	Topic Revision Assessments Revision/ Practice Exams SK PK S	Topic Revision Assessments Final Exam SK PK S	
Psychology YR 12			Topic Personality & Attitude, Motivation, Arousal Assessments Half Term Unit Test SK – understand the different theories of personality, components of attitude, different types of motivation and effects of arousal PK - explain and provide examples and critically evaluate all theories S Application to with sporting examples	Topic Anxiety, Aggression, Social Facilitation Assessments Half term test SK understand the types of anxiety and how they are managed, explain the effects of audience and how to minimise social inhibition. PK - S Application to with sporting examples	Topic Group and Team Dynamics, Goal Setting Assessments End of year exam (mock) SK – explain how groups are formed, and how effective they can be. Understand the importance of goal setting PK -	Topic EAPI Prep

Psychology YR 13	Topics Attribution, Confidence Assessment Half Term Unit Test SK – understand the reasons for winning and losing, learned helplessness and mastery orientation PK Define confidence and explain the different models S Application to with sporting examples	Topic Leadership, Stress Management Assessments Half Term Unit Test SK understand the different types of leaders and the theories associated, understand the stress management techniques PK Be able to explain the management techniques and how to manage cognitive and somatic stress S Application to with sporting examples	Topic EAPI Observe practical's and look at how they can relate different theoretical theories can	Topic EAPI Scaffold EAPI - Introduction Strengths and Weaknesses Main Aim Skills and Drills History/Tech Evaluation	Topic Assessments Final Exam SK PK S	Topic REVISION
Skill YR 12	Topic Classification of skill, Types and methods of practice, Transfer of skill, Principle and Methods of Practice, Assessments Half Term test SK – justify the placement of skills on continua: understand the different methods of practice, explain the use of transfer PK – Use practical's to explain justifications S Application to with sporting examples	Topic Stages of learning Guidance, Feedback Assessments Half Term test SK Name and explain the Types of Guidance and the benefits of each, explain different stages of learning theories, name and evaluate the different types of feedback PK – use practical's and theoretical justifications to create examples for all S Application to with sporting examples				
Skill YR 13	Topic , Memory Models Assessments Half Term test SK – explain the different memory models and how they relate to learning and performing skills PK – be able to draw and interpret and relate to examples S Application to with sporting examples					
Practical Year 12-13	Topic Practical Assessment Assessments Final Practical assessment. Mock EAPI and EAPI Assessment. Moderation if called SK –Students know the knowledge of their sport PK – be able to demonstrate the sports practically S Application to with sporting examples	Year 12 Evidence is gathered Through log and videos. Log submitted to show progress Year 13 Evidence is gathered Written time in lessons for preparation	Year 12 Evidence is gathered Year 13 Evidence is gathered Practice time in lessons	Year 12 Evidence is gathered, log is submitted to show progress Mock EAPI EAPI Final Practical evidence submitted by Feb half term	Year 12 Evidence is gathered Practical Moderation by exam board if called	Year 12 Evidence is gathered, log submitted to show progress. Video evidence is seen Preparation and planning of EAPI

