

Year 12 A Level PE

Overall Intent:

In year 12, students will study two components. Component 1 will allow them to gain an understanding of the roles performed by the musculoskeletal system and how it is affected by exercise. They will learn some biomechanical principles in order to explain how the body's lever systems and the application of force can impact sporting techniques and performance. They will gain an understanding of the importance of diet and nutrition during and post physical activity, as part of which they will study reason for fatigue. They will furthermore gain an in-depth knowledge of different fitness components. Component 2 will allow students to gain an understanding of the nature and development of skills in sport. They will become more aware of learning theories and memory systems. They will relate knowledge of practice, guidance and feedback to practical performance situations. They will also gain knowledge of the role sports psychology plays in facilitating optimal sporting performance. They will learn different psychological views, theories and perspectives, a central element of which will be the debate between nature and nurture.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic/area of study: Component 1	EXERCISE PHYSIOLOGY AND APPLIED MOVEMENT ANALYSIS				EXERCISE PHYSIOLOGY	APPLIED ANATOMY AND PHYSIOLOGY
Topic/area of study: Component 2	SKILL ACQUISITION			SPORTS PSYCHOLOGY		
Key learning aims – knowledge and skills: Component 1	Injury: classification, causes, prevention, treatment, rehabilitation	Diet and nutrition: optimal weights and energy balance, hydration, supplements, dietary manipulation (what to eat, when and why)	Components of fitness: definitions, fitness testing, interpretation of normative data, determinants of running performance	Training principles: FITT, ways of calculating exercise intensity, periodisation, training methods, acclimatisation, recovery methods	Musculoskeletal system: names of muscles, bones and movements produced, stretch- shortening cycle, types of contraction, different roles of the muscles	Musculoskeletal system: lever systems, Newton's Laws of motion, principles of stability, response of musculoskeletal system to exercise
Key learning aims – knowledge and skills: Component 2	Coach and Performer Stages of Learning (Fitts and Posner) Classification and transfer of skills Learning theories	Practices Guidance Feedback	Memory Models	Personality theories Attitudes Arousal Anxiety	Aggression vs assertion Motivation – Social facilitation Group/team dynamics Goal setting	Attribution theory Confidence and self- efficacy Leadership

Assessment	End of topic assessment: injury	End of topic assessment: diet and nutrition	End of skill acquisition unit exam	End of topic assessment: preparation and training	AP5: Assessment testing essay writing	End of psychology unit exam
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