

Year	Autumn	Spring	Summer			
Year 12	Physiological factors affecting performance (01) Psychological factors affecting performance (02) Socio-cultural issues in physical activity and sport (03)					
	<p>Concepts/Tier 3 vocabulary</p> Applied anatomy and physiology (01) Skill acquisition (02) Contemporary issues in physical activity and sport (03)	<p>Concepts/Tier 3 vocabulary</p> Exercise physiology (01) Skill acquisition (02) Contemporary issues in physical activity and sport (03)	<p>Concepts/Tier 3 vocabulary</p> Biomechanics (01) Skill acquisition (02) Contemporary issues in physical activity and sport (03)			
	<p>Justification:</p> Students gain a deeper understanding of key systems in the body and how they react to changes in diet and exercise. They also study the effects of force and motion on the body and how they can be used to our advantage	<p>Justification:</p> Learners will develop an understanding of the importance of being able to classify skills in order to select the most suitable approach to the learning of motor skills. Focus will be placed on how different methods of training, guidance and feedback work and why their effectiveness differs from person to person Students consider the impact of hosting a global sporting event and the influence of modern technology on both the performer and the spectator.	<p>Justification:</p> Students will learn how to interpret data and graphs relating to: changes within musculo-skeletal, cardiorespiratory and neuro-muscular systems during different types of physical activity. They will also learn about the use of energy systems and the recovery process.	<p>Justification:</p> Knowledge and understanding will be developed of the different theories to teaching new skills. Focus will also be placed on enhancing existing skills and the opportunities to transfer between the two. The ethics involved in sport and deviance that affects sport and sporting behaviour will be understood and applied using practical examples.	<p>Justification:</p> Students will gain knowledge and use of definitions, equations, formulae and units of measurement in Biomechanics and refine their ability to plot, label and interpret graphs.	<p>Justification</p> Learners will begin to understand how individual differences such as personality and attitudes affect performers in sport. Learners will develop their knowledge and understanding of the positive and negative impacts of commercialisation and the media on physical activity and sport. The routes to sporting excellence in the UK and the key organisations that help to achieve this will be understood
	<p>Assessment: Internal half termly assessments are made in all 3 examined components under timed conditions.</p> <p>Component 05: Students are assessed in the role of either performer or coach in one practical activity. They are required to demonstrate effective performance, the use of tactics or techniques and the ability to observe the rules and conventions under applied conditions – 15%</p>					

	Cultural Capital: Throughout the course wider reading /experience is provided and signposted including: articles, books, documentaries, trip locations.			
	Autumn	Spring	Summer	
Year 13	Physiological factors affecting performance (01) Psychological factors affecting performance (02) Socio-cultural issues in physical activity and sport (03)		External Examinations Physiological factors affecting performance (01) 2hr 90 marks – 30% Psychological factors affecting performance (02) 1hr 60 marks – 20% Socio-cultural issues in physical activity and sport (03) 1 hr 60 marks - 20%	
	Concepts/Tier 3 vocabulary		Concepts/Tier 3 vocabulary	
	Exercise physiology (01) Sports psychology (03) Sport and society (03)		Exercise physiology (01) Sports psychology (03) Sport and society (03)	
	Justification: Learners will develop their knowledge and understanding of the components and functions of a balanced diet, as well as being able to relate diet, hydration and dietary supplements to performance in physical activities and sports. Learners will develop their knowledge and understanding of acute and chronic injuries related to physical activities and sports.	Justification Students explore the psychological factors that affect group dynamics and the effects of leadership and goal setting. The role of attributions in motivating performers; confidence and self-efficacy in sport are considered. Students focus on the social and cultural factors that have shaped sports over time, and their influences on physical activity.	Justification: Learners will develop their knowledge and understanding of aerobic training, methods of evaluating aerobic capacity and factors affecting VO2 max, as well as applying the importance of this training to physical activities and sports.	Justification: Students look at stress and anxiety and the role of stress management to optimise performance. Students gain an understanding of the interpretation of graphical representations associated with sport psychology theories. Learners will develop their knowledge and understanding of how physical activity and sport have developed through time and the factors that shape contemporary sport
Assessment: Internal half termly assessments are made in all 3 examined components under timed conditions. Component 06 - Evaluating and analysing performance for improvement EAPI -15%. Observe a live or recorded performance by a peer and provide an oral analysis and critical evaluation of their peer's performance.				

