

Curriculum overview

[Y12 topics](#)

[Y13 topics](#)

	Section A	Section B	Section C
Paper 1- factors affecting participation in physical activity and sport	<u>Applied anatomy & physiology</u> <ul style="list-style-type: none"> • Cardiovascular system • Respiratory system • Neuromuscular system • Musculo-skeletal system and analysis of movement in physical activities • Energy systems 	<u>Skill acquisition</u> <ul style="list-style-type: none"> • Skill, skill continuums and transfer of skills • Impact of skill classification on structure of practice for learning • Principles and theories of learning and performance • Use of guidance and feedback • Memory models 	<u>Sport & society</u> <ul style="list-style-type: none"> • Emergence of globalisation of sport in the 21st century <ul style="list-style-type: none"> - Pre industrial - Industrial and post industrial - Post World War 2 • The impact of sport on society and of society on sport
Paper 2- factors affecting optimal performance in physical activity and sport	<u>Exercise physiology & biomechanics</u> <ul style="list-style-type: none"> • Diet and nutrition and their effect on physical activity and performance • Preparation and training methods in relation to maintaining physical activity and performance • Injury prevention and the rehabilitation of injury • Biomechanical principles • Levers • Linear motion • Angular motion • Projectile motion • Fluid mechanics 	<u>Sport psychology</u> <ul style="list-style-type: none"> • Personality • Attitudes • Arousal • Anxiety • Aggression • Motivation • Achievement motivation • Social facilitation • Group dynamics • Goal setting • Attribution theory • Self-efficacy and confidence • Leadership • Stress management 	<u>Sport and society & technology in sport</u> <ul style="list-style-type: none"> • Concepts of physical activity and sport • Development of elite performers in sport • Ethics in sport • Violence in sport • Drugs in sport • Sport and the law • Impact of commercialisation on physical activity and sport and the relationship between sport and the media • The role of technology in physical activity and sport

Y12

	AUTUMN														SPRING												SUMMER													
	HT 1							HT 2							HT 3						HT 4						HT 5					HT 6								
	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	1	2	3	4	5	6	7		
CS NEA	NEA practical- filming requirements and commentary timeline							NEA A&E- Written analysis AA2							NEA A&E- Written analysis AA3						NEA A&E- Evaluation cause AA2						NEA A&E- Evaluation corrective measure AA2					NEA A&E- Evaluation cause and corrective measure AA3								
CS A	Musculoskeletal system				Neuromuscular system			Cardiovascular system							Respiratory system			Energy systems						Preparation and training methods					Diet and nutrition			Injury								
KL B	Skill, skill continuums and transfer of skills				Practice for learning			Personality		Self-efficacy & confidence			Anxiety		Arousal		Stress Man	Social facilitation		Attribution theory		Achievement motivation		Memory models																
NW C	Pre-industrial				Industrial and post industrial					Post World War 2					Impact of sport on society and of society on sport						Concepts of physical activity and sport					Development of elite performers in sport														

Y13

	AUTUMN														SPRING												SUMMER																	
	HT 1							HT 2							HT 3						HT 4						HT 5					HT 5												
	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	1	2	3	4	5	6	7						
CS NEA/EXAM	NEA A&E corrections														NEA practical- commentary timeline						Exam technique/long mark practice																							
CS A	Biomechanical principles			Levers		Linear motion			Angular motion		Projectile motion		Fluid mechanics		Biomechanics review				Section A revision																									
KL B	Principles & theories of learning & performance				Guidance & feedback		Aggression		Group dynamics		Goal setting		Attitudes		Leadership		Motivation		Section B revision																									
NW B	Ethics in sport		Violence in sport		Drugs in sport			Sport & the law	Commercialisation				Role of technology in physical activity and sport						Section C revision																									
																															EXAMS													

Y12 assessments (excluding mocks)

Section A

- Musculoskeletal system
- Neuromuscular system
- CV system
- Respiratory system
- Energy systems
- Exercise physiology (preparation and training methods, diet and nutrition, injury)

Section B

- Skill continuums, transfer of learning and practice for learning
- Sport Psychology 1 (personality, confidence, anxiety, arousal, stress management, social facilitation, attribution theory, achievement motivation)
- Memory models

Section C

- Emergence of globalisation of sport in the 21st century (pre-industrial, industrial, post industrial and post world war 2)
- The impact of sport on society and of society on sport (sociological theory applied to equal opportunities)
- Concepts of physical activity and sport and development of elite performers in sport

Y13 assessments (excluding mocks)

Section A

- Biomechanics

Section B

- Learning theories and guidance & feedback
- Sport Psychology 2 (aggression, group dynamics, goal setting, attitudes, leadership, motivation)

Section C

- Ethics, violence, drugs in sport and sport and the law
- Commercialisation and technology in sport