

Year 12-Level PE PLAN

Wk	Date	A & P (AAK)	Skill Acquisition & Sports Psychology (LHO)	Socio-Cultural (RBU)	EAPI & Practical (LBK)
		Week A – Tues P4 & Thurs P2 Week B – Tues P1	Week A – Tues P4 Week B – Thurs P5	Week A – Thurs P1 Week B – Thurs P4	Week B – Tues P2
LEARNING CYCLE 1					
A	6 th Sept	Induction Week (No Lessons)			
B	13 th Sept	Introduction to A&P syllabus. Folders Expectations Bones, Joints & connective tissues KNEE (hinge)	Introduction to SA syllabus. Folders Expectations <u>Classification of Skill:</u> Understand what a skill is. Difficulty Environmental Pacing Muscular Continuity Organisation	Introduction to SC syllabus (& A level PE) Folders Expectations <u>Global sporting events:</u> Modern Olympics Background Aims & values	Introduction to SC syllabus. Folders Expectations Balanced diet Energy intake
A	20 th Sept	Muscles, articulating bones, movements ANKLE, ELBOW, WRIST (hinge)) Muscles, articulating bones, movements HIP (B&S)	<u>Classification of Skill:</u> Recap & application to practical examples and exam practice	<u>Global sporting events:</u> BOA,IOC Paralympics	
B	27 th Sept	Muscles, articulating bones, movements SHOULDER (B&S)	<u>Types & methods of practice:</u> Part Whole Whole part whole Progressive part	<u>Global sporting events:</u> Political Exploitation of the Olympic Games (Berlin & Mexico)	Energy intake Nutritional aids
A	4 th Oct LC1 Assessment Task set	Muscle contractions, agonist / antagonist, fixator, planes of movement Skeletal muscle contraction – motor neurons, all or none law LC1 task - Movement analysis including planes	<u>Types & methods of practice:</u> Massed Distributed Fixed Varied LC1 task - Select a skill and create a poster to demonstrate where it fits on the continuums.	<u>Global sporting events:</u> Political Exploitation of the Olympic Games (Munich, Moscow, LA) LC1 task - A power point presentation on political exploitation at the Olympic Games	

B	11 th Oct	Muscle fibres, structure & function. Exercise and recovery	<u>Transfer of skills:</u> Positive Negative Proactive Retroactive Bilateral	<u>Global sporting events:</u> Hosting global events – introduction into the impact	Nutritional aids Pharmacological Ergogenic aids
A	18 th Oct LC1 Assessment Task due	Energy systems overview ATP-PC system Energy systems overview ATP-PC system	<u>Revision & Exam Practice:</u> Classification Types & Methods Transfer	<u>Global sporting events:</u> Impact of hosting global events – social, political, economic, sporting.	
HALF TERM					
B	1 st Nov	LC1 Mock Exam	LC1 Mock Exam	LC1 Mock Exam	LC1 Mock Exam (with A&P) TBC
A	8 th Nov	<u>LC1 Review</u> Glycolytic System	<u>LC1 Review</u> Target setting, review & feedback on LC1 test & LC task		
B	15 th Nov	Aerobic System LC2 Task – research powerpoint for either ATP-PC or glycolytic system	<u>Learning Theories:</u> Operant conditioning Thorndikes Laws	<u>Emergence and evolution of modern sport:</u> Introduction into Pre Industrial Britain (Mob Football)	Pharmacological & Physiological Ergogenic aids LC2 task – ergogenic aids research, presentation & task
LC2					
A	22 nd Nov	Energy continuum (practical if available) Energy continuum	<u>Learning Theories:</u> Operant conditioning Thorndikes Laws Observational Learning Theory	<u>Emergence and evolution of modern sport:</u> Social Class, gender, law & order in pre-industrial Britain	

B	29 th Nov	Recovery process	<u>Learning Theories:</u> Observational Learning Cognitive Recap all 3 theories	<u>Emergence and evolution of modern sport:</u> Education, Time, Money, Transport in pre-industrial Britain	Presentation
A	6 th Dec LC 2 Assessment Task set	Heart – conduction system, cardiac cycle	<u>Stages of learning:</u> Cognitive Associative Autonomous LC2 task - Theories of learning revision resource including evaluation.	<u>Emergence and evolution of modern sport:</u> Recap Pre Industrial Britain and impact of factors on participation LC2 task - Plan & write a 10 mark question	
B	13 th Dec LC 2 Assessment Task due	Heart – Q, SV & HR at rest and during exercise	<u>Guidance:</u> Verbal, visual, mechanical, manual Ads & disads		Exam Technique & Revision
CHRISTMAS HOLIDAYS					
A	3 rd Jan	Heart – heart rate regulation (neural, intrinsic, hormonal)	<u>Feedback:</u> Intrinsic Extrinsic Positive Negative Results Performance	<u>Revision Lesson & Exam Practice</u>	
		Heart – venous return & vascular shunt			
B	10 th Jan	LC2 Mock Exam	LC2 Mock Exam	LC2 Mock Exam	Introduction to EAPI Skill Strengths & Weaknesses
A	17 th Jan	<u>LC2 Review</u>	<u>LC2 Review</u>		
		Heart – Lifestyle diseases	Target setting, review & feedback on LC2 test. <i>(Complete LC2 assessment task feedback here if preferred.)</i>		

B	24 th Jan	Respiratory system – mechanics of breathing at rest	Memory : Atkinson and Shiffren’s Craik and Lockhart’s Relate performing physical activity skills.	<u>Emergence and evolution of modern sport:</u> Post Industrial Britain Introduction and background. Social class, Amateurism and Professionalism in post-industrial Britain	Skill Strengths & Weaknesses
A	31 st Jan	Respiratory system – mechanics of breathing during exercise Respiratory system – VE = TV x f volumes	Memory : Atkinson and Shiffren’s Craik and Lockhart’s Relate performing physical activity skills.	<u>Emergence and evolution of modern sport:</u> Gender, Law & order, Education in post-industrial Britain	
LC2					
B	7 th Feb LC 3 Assessment Task set	Respiratory system – regulation of breathing RCC LC3 task - Plan and write a 20 mark question	<u>Sports Psychology</u> <u>Individual Differences:</u> Personality	<u>Emergence and evolution of modern sport:</u> Time, Money, transport in post-industrial Britain	Tactics & Fitness Strengths & weaknesses
A	14 th Feb	Respiratory system – gaseous exchange Respiratory system – oxygen haemoglobin. Dissociation curve	<u>Individual Differences:</u> Attitudes Triadic Model LC3 task - Plan and write a 10 mark question	<u>Emergence and evolution of modern sport:</u> Influence of public schools	
HALF TERM					
B	28 th Feb LC 3 Assessment Task due	Respiratory system – lifestyle diseases.	<u>Individual Differences:</u> Attitudes Changing attitudes Stereotypes	<u>Emergence and evolution of modern sport:</u> 20 th Century sport: Background, Social Class, Gender, Law & order LC3 task - Revision poster on 20 th Century	Recap on Strengths & weaknesses Looking at examples and the marking
A	7 th March	Exercise at altitude	<u>Individual Differences:</u> Motivation	<u>Emergence and evolution of modern sport:</u>	

		Exercise in the heat		20 th Century sport: Time, money, transport, education, space	
B	14 th March	Revision Lesson	<u>Individual Differences:</u> Arousal Drive Inverted U Catastrophe	<u>Emergence and evolution of modern sport:</u> Recap 20 th C Sport & Comparison to Pre / Post Industrial	Review of Part one. Introduction of theory Building the script
A	21 st March	<u>LC 3 Mock Exam</u>	<u>LC 3 Mock Exam</u>	<u>LC 3 Mock Exam</u>	
		<u>LC 3 Mock Exam</u>			
B	28 th March	<u>LC3 Review</u> Target setting, review & feedback on LC3 test. <i>(Complete LC3 assessment task feedback here if preferred.)</i>			Justification of the area of weakness
A	4 th April	Aerobic capacity theory Aerobic capacity training HIIT workout Continuous training	<u>Individual Differences:</u> Arousal recap and sporting examples	<u>Sport in the 21st C</u> Social class, gender, Law & Order	
		Continuous training			
EASTER HOLIDAYS					
B	25 th April	Strength practical	<u>Individual Differences:</u> Anxiety Zone of operational functioning Effects of anxiety	<u>Sport in the 21st C</u> Education, Time, money, transport	Justification of the area of weakness & Theory
LEARNING CYCLE 4					
A	2 nd May	Strength theory	Effects of anxiety Recap Lesson	<u>Sport in the 21st C</u> Education, Time, money, transport	
		Strength practical (1 RM, plyometrics)			

B	9 th May	Flexibility theory	<u>Individual Differences:</u> Aggression Instinct	<u>Sport in the 21st C</u> Comparison of factors over time – pre, post, 20 th & 21 st .	Building the script Theory
A	16 th May	Flexibility theory	<u>Individual Differences:</u> Frustration Aggression	Pre, Post, 20 th & 21 st – link together.	
		PNF			
B	23 rd May	Training methods evaluating	<u>Individual Differences:</u> Aggressive Cue Social Learning	<u>Revision Lesson</u>	Preparation for Assessment
HALF TERM					
A	6 th June Year 12 Exams - TBC	<u>Year 12 Exam</u>	<u>Year 12 Exam</u>	<u>Year 12 Exam</u>	
		<u>Year 12 Exam</u>			
B	13 th June	<u>Review of Year 12 Exam - TBC</u>			EAPI ASSESSMENT
A	20 th June LC 4 Assessment Task set Post 18 options	Periodization	<u>Individual Differences:</u> Aggression Instinct Frustration Aggression Aggressive Cue Social Learning LC4 task - A power point presentation on aggression in your chosen sport.	<u>Sport in the 21st C</u> Globalisation of sport LC4 task - Create an argument to discuss the impact of commercialisation	
B	27 th June	Periodization	<u>Individual Differences:</u> Recap Aggression and link to arousal	<u>Sport in the 21st C</u> Globalisation of sport	EAPI FEEDBACK LESSON
A	4 th July		<u>Individual Differences:</u> Social Facilitation	<u>Sport in the 21st C</u> Commercialisation of	

	LC 4 Assessment Task due		Evaluation Apprehension Effects on performance How to minimise.	sport and Media coverage	
B	11 th July		Individual Differences: Social Facilitation Evaluation Apprehension Effects on performance How to minimise	Sport in the 21st C Globalisation & Commercialisation Recap	Making improvements Ready for year 13
A	18 th July	End of term	Individual Differences: Recap	Sport in the 21st C Globalisation & Commercialisation Recap	