

Year 13-Level PE PLAN

Wk	Date	A & P (KWI)	Skill Acquisition & Sports Psychology (PMC)	Socio-Cultural (ECH)	EAPI & Practical (RBU)
		Week A – Fri 4&5 Week B – Fri 1	Week A – Weds P1 Week B – Weds P4	Week A – Weds P2 Week B – Fri P1	Week B – Weds P5
LEARNING CYCLE 1					
A	6 th Sept	Introduction to A&P Syllabus Folders & expectations Acute and chronic injuries Injury Prevention		Intro to Year 13 Folder & expectations Syllabus <u>Ethics & Deviance:</u> Legal v illegal Reasons why (Ads & Dis)	
B	13 th Sept	SALTAPS PRICE IRB - concussion	Folder & expectations Syllabus Social Facilitation	<u>Ethics & Deviance:</u> Consequences on society, sport & performers Strategies to stop use	Intro into Year 13 NEA & Practical Expectations Action Plan Intro Time, duration of action plan
A	20 th Sept	Injury rehabilitation Injury recap lesson	<u>Groupings:</u> Stages of team formation Team cohesion	<u>Ethics & Deviance:</u> Violence – causes Implications	
B	27 th Sept LC1 Assessment Task set	Newton's Laws LC1 Sports major injury case study, diagnosis, treatment, rehabilitation	<u>Groupings:</u> Steiners model Ringlemann effect Social loafing	<u>Ethics & Deviance:</u> Violence continued. Strategies to prevent LC1 10 mark exam question.	Warm up Smart targets Goal setting
A	4 th Oct	Training Day	<u>Goal setting:</u> SMART goals Performance, process and outcome goals LC1 Task – check with LHO	<u>Ethics & Deviance:</u> Gambling Match fixing, betting and illegal sports betting	
B	11 th Oct LC1 Assessment Task due	Force and Friction	Revision Lesson	Revision Lesson	Coaching points & the perfect model
A	18 th Oct	LC1 Mock Exam LC1 Mock Exam	LC1 Mock Exam	LC1 Mock Exam	
HALF TERM					

B	1 st Nov	<u>LC1 Review</u>	<u>LC1 Review</u>		Progressive Practices
A	8 th Nov	Free body diagrams Force Calculations	<u>Attribution Theory:</u> Weiners model Controllability dimension	<u>Commercialisation & Media:</u> Factors leading to commercialisation	
		Stability and COM			
B	15 th Nov	Levers	<u>Attribution Theory:</u> Barriers to performance Learned helplessness Optimising performance Attribution retraining and mastery orientation.	<u>Commercialisation & Media:</u> Positive & Negative impacts on society, sport, performers & spectators	Linking Coaching & progressive practices
LC2					
A	22 nd Nov	Levers	Training Day	Training Day	
		Linear motion quantities			
B	29 th Nov	Linear motion graphs	<u>Confidence:</u> Vealey's sports confidence model: Trait, state, competitive orientation, subjective perceptions self-efficacy & self esteem	<u>Commercialisation & Media:</u> Media coverage and reasons for change. Positive & negative effects LC2 Presentation - Evaluation of Media & Commercialisation on sport	Script & Theory Preparation for Mock
A	6 th Dec LC 2 Assessment Task set	Angular motion Axes of rotation LC2 Create a video. Biomechanical movement analysis of yourself. Angular and linear motion	<u>Confidence:</u> Banduras model Performance accomplishments Vicarious experiences Social persuasion Emotional states LC2 Newspaper article. Discuss reasons / attributions given for a Win and a loss. Analyse how this would affect the performer / teams confidence	<u>Commercialisation & Media:</u> Positive & negative effects Relationship between sport & media	
		Angular motion Definitions and calculations			

B	13 th Dec LC 2 Assessment Task due	Angular motion MOI and angular velocity	Recap Confidence	Commercialisation & Media: LC2 presentations	Mock EAPI
CHRISTMAS HOLIDAYS					
A	3 rd Jan	Angular motion Conservation of angular momentum	Revision Lesson	Revision Lesson	
		Revision Lesson			
B	10 th Jan	<u>LC2 Mock Exam</u>	<u>LC2 Mock Exam</u>	<u>LC2 Mock Exam</u>	Mock Feedback
A	17 th Jan	<u>LC2 20 marker</u>	Leadership: Leadership Characteristics Leadership Styles Autocratic, democratic and laissez faire	Routes to sporting excellence in the UK: Talent ID to elite Role of UK Sport & NI	
B	24 th Jan	<u>LC2 Review</u>	<u>LC2 Review</u> Target setting, review & feedback on LC2 test. <i>(Complete LC2 assessment task feedback here if preferred.)</i>		Preparation for final Eapi
A	31 st Jan	Fluid mechanics factors	Leadership: Theories of Leadership: Trait, Social learning, Interactionalist	Routes to sporting excellence in the UK: Role of UK sport & NI Role of schools, clubs & unis	
		Limb Kinematics, wind tunnels, force plates			
LC3					
B	7 th Feb	Projectile motion Free body diagrams	Leadership: Chelladurai's Multi Dimensional model	Routes to sporting excellence in the UK: Strategies to address drop out & failure rates Recap Routes to sporting excellence.	Preparation for final EAPUI

A	14 th Feb	Projectile motion Parallelogram of forces	Revision Lesson	Revision Lesson	FINAL EAPI THIS WEEK
		Revision Lesson			
HALF TERM					
B	28 th Feb	Year 13 Mock Exams			
A	7 th March				
B	14 th March	Projectile motion Bernoulli's principle	Training Day	<u>Modern Technology:</u> What is it? examples Impact on elite performance & general participation eg access, facilities etc.	Training Day
A	21 st March	Mock Exam Feedback	Mock Exam Feedback	Mock Exam Feedback	
		20 Marker Feedback			
B	28 th March LC 3 Assessment Task set	Projectile motion Magnus force LC3 Task	<u>Stress:</u> Stress Stressors and Causes of stress LC3 Task – Sports Therapy clinic putting theory into practice	<u>Modern Technology:</u> Impact on elite & general participation. Impact on fair outcomes LC3 Task – Exam practice & self-reflection on technology	Practical videos
A	4 th April	Recap Biomechanics	<u>Stress:</u> Cognitive Stress/ anxiety Management techniques Positive thinking/ self talk Negative thought stopping Rational thinking Mental rehearsal Imagery Goal setting Mindfulness	<u>Modern Technology:</u> Impact on fair outcomes. Impact on entertainment	
		Recap Biomechanics			
EASTER HOLIDAYS					

B	25 th April	Revision Lesson & Exam Practice and Preparation	<u>Stress:</u> Somatic Stress/ anxiety Management techniques Progressive muscular relaxation Biofeedback Centring technique Breathing control	Application to exam practice for UK sport & Modern technology. Recap RAG lesson.	Preparation for Moderation Revision Lesson & Exam Practice and Preparation
LEARNING CYCLE 4					
A	2 nd May	Revision Lesson & Exam Practice and Preparation	Revision Lesson & Exam Practice and Preparation	Revision Lesson & Exam Practice and Preparation	
B	9 th May	Revision Lesson & Exam Practice and Preparation	Revision Lesson & Exam Practice and Preparation	Revision Lesson & Exam Practice and Preparation	Preparation for Moderation Revision Lesson & Exam Practice and Preparation
A	16 th May	Revision Lesson & Exam Practice and Preparation	Revision Lesson & Exam Practice and Preparation	Revision Lesson & Exam Practice and Preparation	
B	23 rd May	Revision Lesson & Exam Practice and Preparation	Revision Lesson & Exam Practice and Preparation	Revision Lesson & Exam Practice and Preparation	Preparation for Moderation Revision Lesson & Exam Practice and Preparation
HALF TERM					