

Year 12 Revision Plan

Date	A & P (AAK)	Skill Acquisition & Sports Psychology (LHO)	Socio-Cultural (RBU)
9 th May	<p><u>Balanced diet:</u> Energy intake Energy intake Nutritional aids Pharmacological Ergogenic aids</p> <p>Bones, Joints & connective tissues</p> <p>Muscles, articulating bones, movements</p>	<p><u>Classification of Skill:</u></p> <p>Difficulty, Environmental, Pacing, Muscular, Continuity, Organisation</p> <p><u>Types & methods of practice:</u></p> <p>Part, Whole, Whole part whole, Progressive part, Massed, Distributed Fixed Varied</p> <p><u>Transfer of skills:</u></p> <p>Positive, Negative, Proactive, Retroactive, Bilateral</p>	<p><u>Global sporting events:</u></p> <p>Modern Olympics Background Aims & values</p> <p><u>Global sporting events:</u></p> <p>Political Exploitation of the Olympic Games</p>
16 th May	<p>Muscle contractions, agonist / antagonist, fixator, planes of movement Skeletal muscle contraction – motor neurons, all or none law</p> <p>Muscle fibres, structure & function. Exercise and recovery</p>	<p><u>Learning Theories:</u></p> <p>Operant conditioning Thorndikes Laws Observational Learning Theory</p> <p><u>Stages of learning:</u></p> <p>Cognitive, Associative, Autonomous</p>	<p><u>Global sporting events:</u></p> <p>Impact of hosting global events – social, political, economic, sporting.</p>
23 rd May	<p>Energy systems & Recovery Process</p> <p>Exercise at altitude</p>	<p><u>Guidance:</u></p> <p>Verbal, visual, mechanical, manual Ads & disads</p> <p><u>Feedback:</u></p> <p>Intrinsic, Extrinsic, Positive, Negative, Results Performance</p> <p><u>Memory :</u> Atkinson and Shiffren’s Craik and Lockhart’s Relate performing physical activity skills.</p>	<p><u>Pre & Post Industrial:</u></p> <p>Characteristics & Factors impacting sport Compare the changes Public Schools</p>

30 th May	<p>Heart conduction system, cardiac cycle Q, SV & HR at rest and during exercise heart rate regulation (neural, intrinsic, hormonal) venous return & vascular shunt</p>	<p><u>Individual Differences:</u></p> <p>Personality Attitudes Motivation</p>	<p><u>20th & 21st Century:</u></p> <p>Characteristics & Factors impacting sport Compare the changes</p>
6 th June	<p>Respiratory system mechanics of breathing at rest mechanics of breathing during exercise VE = TV x f volumes regulation of breathing RCC gaseous exchange oxygen haemoglobin. Dissociation curve lifestyle diseases.</p>	<p><u>Individual Differences:</u></p> <p>Arousal Anxiety Aggression</p>	<p><u>Development of sport over time:</u></p> <p>Compare pre, post, 20th & 21st for each factor</p>
13 th June	<p>Aerobic capacity and types of training</p>		

Tips for revision

- Use your notes – make flash cards, mind maps, revision posters etc.
- Use Everlearner – watch the videos, complete the quizzes and checkpoints.
- Use Youtube – OCR a level PE
- Use Quizlet – lots of different resources to help with your revision.
- Use your LC tests and exam practice – revisit exam questions you have done. Look at your purple pen work and take on board the feedback from your teachers.