

REVISION TIMETABLE

Week beginning	A&P <i>PMC</i>	Sports Psychology <i>RBU</i>	Socio-cultural issues in physical activity and sport <i>LBK</i>
17 th April	All joint movement analysis to include ankle, knee, hip, elbow, shoulder. Also, muscles, articulating bones, types and planes of movement along with muscular contractions.	<p>Classification of Skill:</p> <p>Understand what a skill is. Difficulty Environmental Pacing Muscular Continuity Organisation</p> <p>Types & methods of practice including pros / cons</p> <p>Part Whole Whole part whole Progressive part Massed Distributed Fixed Varied</p>	<p>The Modern Olympic Games.</p> <ul style="list-style-type: none"> • Background • Aims • Philosophy • Values
24 th April	Muscle fibre types, motor neurons, all or none law.	<p>Transfer of skills:</p> <p>Positive Negative Proactive Retroactive Bilateral</p> <p>Stages of learning:</p> <p>Cognitive Associative Autonomous</p>	<p>Political exploitation of the Olympic Games.</p> <ul style="list-style-type: none"> • Berlin 1936, Third Reich Ideology. • Mexico City 1968 'Black Power' demonstration. • Munich 1972 Palestinian Terrorism. • Moscow 1980 boycott lead by USA. • Los Angeles 1984 boycott by Soviet Union.
1 st May	Cardiac and conduction system at rest. CV system during exercise. Vascular shunt mechanism & role of vasomotor control.	<p>Learning Theories:</p> <p>Operant conditioning Thorndike's Laws Observational Learning Cognitive Theory Evaluation of each theory</p>	<p>Hosting Global Sporting Events. Positive and negative impacts on the host country/city.</p> <ul style="list-style-type: none"> • Sporting impact. • Social impact. • Economic impact. • Political impact
8 th May	Mechanisms of venous return. Regulation of HR during exercise with neural, hormonal and intrinsic factors.	<p>Guidance:</p> <p>Verbal, visual, mechanical, manual Ads & disads</p> <p>Feedback:</p> <p>Intrinsic Extrinsic</p>	<p>How social and cultural factors shaped the characteristics of and participation in, sports and pastimes in pre-industrial Britain.</p> <ul style="list-style-type: none"> • Characteristics of pre – industrial sports and pastimes.

		Positive Negative Results Performance	<ul style="list-style-type: none"> Social & Cultural factors and how they effected the participation and development of sports and pastimes in pre-industrial Britain.
15 th May	Respiratory system at rest an impact of exercise on mechanics of breathing. Influence of neural and chemical control on respiratory system when exercise starts. Effect of exercise on gas exchange & oxydissociation curve.	Individual Differences: Personality Attitudes Triadic Model Changing attitudes Motivation	How social and cultural factors shaped the characteristics of and participation in, sport in post 1850 industrial Britain. <ul style="list-style-type: none"> Characteristics of post 1850 industrial sports and pastimes. Social & Cultural factors and how they effected the participation and development of sports and pastimes in post 1850 industrial Britain. Social Class – amateurism and professionalism.
22 nd May	Diet and nutrition. Energy intake v energy expenditure. BMR, MET values. Ergogenic aids: Pharmacological, physiological & nutritional.	Individual Differences: Arousal Drive Inverted U Catastrophe	The Influence of public schools on the development of sport. <ul style="list-style-type: none"> The promotion and organisation of sports and games. The promotion of ethics through sports and games. The cult of athleticism – meaning, nature and impact. The spread and export of games and the games ethic
29 th May	Components of fitness: Aerobic capacity, flexibility & strength. Definitions, tests, affecting factors, methods of training and adaptations.	Individual Differences: Anxiety Zone of operational functioning Effects of anxiety Aggression Instinct Frustration Aggression	How social factors shaped the characteristics of, and participation in, sport in 20th Century Britain . <ul style="list-style-type: none"> Characteristics 20th century sports. Social & Cultural factors and how they effected the participation and development of sports in post 20th Century Britain.

Leading up to your year 12 exam, the KJS PE Department would like you to use this timetable to aid your revision of different topic areas each week.

Example of revision techniques: Mind maps, revision cards/notes/diagrams, past papers, everlearner marks, revision guides etc

