

Week beginning	A&P <i>KWI</i>	Sports Psychology <i>LHO</i>	Socio-cultural issues in physical activity and sport <i>RBV</i>
20 th April	<p>Altitude – summary sheet for both effects on Cardiovascular and respiratory systems Pre-acclimatisation and post</p> <p>Everlearner – Physiological factors</p>	<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 <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.
27 th April	<p>Vertical and Horizontal Forces. Free body diagrams</p> <p>Everlearner – Biomechanics</p> <p>Respiratory Systems at rest and during exercise</p> <p>Everlearner – Physiological factors</p>	<p>Transfer of skills:</p> <p>Positive Negative Proactive Retroactive Bilateral</p> <p>Stages of learning:</p> <p>Cognitive Associative Autonomous</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
4 th May	<p>Exercise in the Heat – summary sheet for the effects on the body and include Cardiovascular Drift. Pre, acclimatisation and post</p> <p>Everlearner – Physiological factors</p>	<p>Learning Theories:</p> <p>Operant conditioning Thorndike's Laws Observational Learning Cognitive Theory Evaluation of each theory</p>	<p>How has CLASS shaped the characteristics of and participation in sport.</p> <ul style="list-style-type: none"> • Pre – industrial • Post – industrial • 20th C • 21st C <p>How has this changed & developed over time.</p> <p>Give sporting examples.</p> <p>Positives & negatives</p>

11 th May	<p>Newton's Laws and Stability</p> <p>Everlearner – Biomechanics</p>	<p>Guidance:</p> <p>Verbal, visual, mechanical, manual Ads & disads</p> <p>Feedback:</p> <p>Intrinsic Extrinsic Positive Negative Results Performance</p>	<p>How has GENDER shaped the characteristics of and participation in sport.</p> <ul style="list-style-type: none"> • Pre – industrial • Post – industrial • 20th C • 21st C <p>How has this <i>changed & developed</i> over time.</p> <p>Give sporting examples.</p> <p>Positives & negatives</p>
18 th May	<p>Cardiac Systems at rest and during exercise</p> <p>Everlearner – Physiological factors</p>	<p>Memory:</p> <p>Atkinson and Shiffren's Craik and Lockhart's Relate performing physical activity skills</p> <p>Individual Differences:</p> <p>Personality Motivation</p>	<p>How has TRANSPORT shaped the characteristics of and participation in sport.</p> <ul style="list-style-type: none"> • Pre – industrial • Post – industrial • 20th C • 21st C <p>How has this <i>changed & developed</i> over time.</p> <p>Give sporting examples.</p> <p>Positives & negatives</p>
25 th May	<p>Muscular Contraction – Motor units, Action Potential and Neurotransmitters, Muscle fibres</p> <p>Everlearner – Physiological factors</p>	<p>Individual Differences:</p> <p>Attitudes Triadic Model Changing attitudes</p> <p>Arousal Drive Inverted U Catastrophe</p>	<p>How have TIME & MONEY shaped the characteristics of and participation in sport.</p> <ul style="list-style-type: none"> • Pre – industrial • Post – industrial • 20th C • 21st C <p>How has this <i>changed & developed</i> over time.</p> <p>Give sporting examples.</p> <p>Positives & negatives</p>
1 st June	<p>The role of Muscles, types of contraction and movement patterns</p> <p>Everlearner – Physiological factors</p>	<p>Individual Differences:</p> <p>Anxiety Anxiety Zone of operational functioning Effects of anxiety</p> <p>Aggression (see below)</p>	<p>How has AMATERU & PROGRESSIONALISM shaped the characteristics of and participation in sport.</p> <ul style="list-style-type: none"> • Pre – industrial • Post – industrial • 20th C • 21st C <p>How has this <i>changed & developed</i> over time.</p> <p>Give sporting examples.</p> <p>Positives & negatives</p>

<p>8th June (Exams have begun)</p>	<p>Continue revision of weaker areas</p>	<p>Individual Differences:</p> <p>Aggression Instinct Frustration Aggression Aggressive Cue Social Learning</p>	<p>Review each of the time periods separately now you have an overview of each factor.</p> <p>Background on each. Characteristics of sport / pastimes. Key changes that occurred in each. An overview of each factor.</p> <ul style="list-style-type: none"> • Pre – industrial • Post – industrial • 20th C • 21st C
<p>15th June (2nd week of exams)</p>	<p style="text-align: center;">Recap difficult topics and look over exam questions. Revise the most recent content if it is not on the revision schedule</p>		