

Week beginning	A&P <i>PMC</i>	Sports Psychology <i>LHO</i>	Socio-cultural issues in physical activity and sport <i>RBV</i>
12 th October	Analyse Movement Roles of muscles Shoulder Elbow Wrist Hip Knee Ankle Planes of Movement Muscle fibre types	Classification of Skill: Understand what a skill is. Difficulty Environmental Pacing Muscular Continuity Organisation Types & methods of practice including pros / cons Part Whole Whole part whole Progressive part Massed Distributed Fixed Varied Transfer of skills: Positive Negative Proactive Retroactive Bilateral	The Modern Olympic Games. • Background • Aims • Philosophy • Values Political exploitation of the Olympic Games. • 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. Hosting Global Sporting Events. Positive and negative impacts on the host country/city. • Sporting impact. • Social impact. • Economic impact. • Political impact
19 th October	Structure & role of motor units CV system: - At rest - During different exercise intensities - Recovery - Redistribution of Q during exercise. - Vascular Shunt - Venous return - Regulation of HR during exercise with neural, hormonal & intrinsic factors	Stages of learning: Cognitive Associative Autonomous Learning Theories: Operant conditioning Thorndike's Laws Observational Learning Cognitive Theory Evaluation of each theory	How has CLASS and GENDER shaped the characteristics of and participation in sport. • Pre – industrial • Post – industrial • 20th C • 21st C How has this <i>changed & developed</i> over time. Give sporting examples. Positives & negatives

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26 th October (half term)	Respiratory System: - Structure - Rest - During exercise - Effects of exercise - Neural & chemical - Recovery	Guidance: Verbal, visual, mechanical, manual Ads & disads Feedback: Intrinsic Extrinsic Positive Negative Results Performance Memory: Atkinson and Shiffren's Craik and Lockhart's Relate performing physical activity skills	How has TRANSPORT and TIME & MONEY shaped the characteristics of and participation in sport. • Pre – industrial • Post – industrial • 20th C • 21st C How has this <i>changed & developed</i> over time. Give sporting examples . Positives & negatives
2 nd November	Biomechanics & Force: - Newtons Laws Of Motion - Net force, balanced and unbalanced forces. Weight, reaction, friction & air resistance and how they affect sports performance. - Free body diagrams showing vertical and horizontal forces. Calculations f force, momentum, acceleration and weight - Centre of mass, factors affecting position of CoM. Relationship between CoM and stability Levers: - Components of lever system. 1st, 2nd, 3rd class levers Analysis Through Use Of Technology	Individual Differences: Personality Motivation Individual Differences: Attitudes Triadic Model Changing attitudes	How has EDUCATION and AMATEUR & PROGRESSIONALISM shaped the characteristics of and participation in sport. • Pre – industrial • Post – industrial • Public schools • 20th C • 21st C How has this <i>changed & developed</i> over time. Give sporting examples . Positives & negatives

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9 th November	Diet & nutrition: - Energy intake and energy expenditure. - Ergogenic aids: Pharmacological, physiological & nutritional Aerobic Capacity: - Definitions, affecting factors, methods of evaluating Methods of training, adaptations and use of heart rates as an intensity guide Strength Training Flexibility Training Aerobic training -	Individual Differences: Arousal Drive Inverted U Catastrophe Anxiety Zone of operational functioning Effects of anxiety	Review each of the time periods separately now you have an overview of each factor. Background on each. Characteristics of sport / pastimes. Key changes that occurred in each. An overview of each factor. • Pre – industrial • Post – industrial • 20th C • 21st C
16 th November	Periodisation of training: - Macro, meso & micro cycles. Phases of training, tapering and planning of programmes Effect of training on lifestyle diseases. - CV system. - Respiratory System Environmental Effects On Body Systems: - Exercise at altitude. - Exercise in the heat	Individual Differences: Aggression Instinct Frustration Aggression Aggressive Cue Social Learning Social Facilitation Evaluation Apprehension	Modern Technology: Examples of modern technology Impact on Eliter performance Impact on general participation Impact on fair outcomes Impact on entertainment Remember to give positive & negatives, and to use a range of examples. IMPACT is the key word
23 rd November	Acute & Chronic Injuries: - Hard / soft tissue - Concussion - Chronic Injury prevention: - Intrinsic & extrinsic - Etc Responding to injuries & medical: - SALTAPS - PRICE - 6R's - .	Goal Setting: Smart goals Performance, process & outcome Groupings: Stages of team formation Team cohesion Steiners model Ringlemann effect Social Loafing	Routes to Sporting excellence: Talent ID to elite Role of UK sport & NI Roles of schools, club & uni's Strategies to address drop out

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30 th November	ATP & Energy transfer: - ATP resynthesis - Energy systems - Different exercise intensities Recovery Process Linear Motion Angular Motion	Attribution Theory: Weiners Model Controllability dimension Barriers Learned helplessness Optimising performance	Ethics & Deviance: Legal v illegal Ads v disads Consequences on - Society - Sport - Performers Strategies to stop use
7 th December (<i>PPE's start</i>)	Recap the topics you find the most challenging from Year 12- now. Look over key questions from previous assessments	Confidence: (only just been taught it) Exam technique	Revisit those topics you find difficult. Look over 10 mark questions and how they link 2 topics together.
14 th December (<i>2nd week of PPE's</i>)			Continue revision on topics you find challenging. Look back over year 12 PPE & Year 12 exams for the key questions that crop up.