

50 Subtopics.	Year 12 (29 Subtopics)	Year 13 (21 Subtopics + NEA +Exam Prep)
<p>Autumn half term 1 Sequential knowledge and skills</p>	<p><b>Applied anatomy and Physiology</b>                      1.Cardiovascular System                      2.Respiratory System                      3.Neuromuscular System                      4.Musculoskeletal and Movement Analysis</p>	<p><b>Applied anatomy and Physiology</b>                      1.Energy Systems Recap  <b>Information Processing</b>                      2.General information processing                      3.General memory models and efficiency of information processing  <b>Exercise Physiology</b>                      4.Injury prevention and the rehabilitation of injury</p>
<p>Assessment Content and methods used to judge learning</p>	<p>Every topic above has a summative assessment in the form of a test in exam conditions (I.e. 4 mini exams for the above) These tests are made up of every type of question encountered on the final exam-multiple choice, short answer and extended writing. All marks are converted into grades and all progress is tracked on the teacher master spreadsheet and on the students’ formative record. Regular homework practice questions are set and marked and the end of chapter progress questions are completed.                      4 Tests</p>	<p>Detail as Autumn half term 1                      4 tests                      All of Energy on one test.                       Interleaving of previously covered (and hopefully learned content) is ensured through regular revisit and a synoptic focus to testing. Students' record their reevaluation of topic understanding on their formative record sheet.</p>
<p>Autumn half term 2 Sequential knowledge and skills</p>	<p><b>Skill Acquisition</b>                      1.Skill, skill continuums and transfer of skill                      2.Practice and learning                      3.Principles and theories of Learning and performance                      4.Guidance and feedback  <b>Exercise Physiology</b>                      5.Diet and nutrition and their effect on physical activity and performance                      6.Preparation and training methods in relation to maintaining physical activity and performance</p>	<p><b>Biomechanical Movement</b>                      1.Linear Motion                      2.Angular Motion                      3.Projectile Motion                      4.Fluid Mechanics  <b>Non Examined Assessment</b>                      Videoing practical footage                      Practical Analysis                      Practical Evaluation                      Modelling coursework production</p>
<p>Assessment Content and methods used to judge learning</p>	<p>Detail as Yr12 Autumn half term 1 and interleaving as Yr13 HT1                      6 Tests with a synoptic focus in final test</p>	<p>Detail as Autumn half term 1 and interleaving as Yr13 HT1                      4.tests with a synoptic focus in final test</p>
<p>Spring half term 3 Sequential knowledge and skills</p>	<p><b>Sport and Society</b>                      1.Pre-industrial (pre-1780)                      2.Industrial and post industrial                      3.Post World War II (1950 to present)                      4.The impact of sport on society and of society on sport                      5.Sociological theory applied to equal opportunities</p>	<p><b>Sports Psychology</b>  <b>Psychological factors that can influence an individual in physical activities</b>                      1.Achievement Motivation Theory                      2.Attribution Theory                      3.Self Efficacy and Confidence                      4.Leadership                      5.Stress Management</p>

Assessment Content and methods used to judge learning	Detail as Autumn half term 1 and interleaving as Yr13 HT1 5 tests with a synoptic focus in final test Plus 2 Hour AS Mock paper in sports hall exam conditions	Detail as Autumn half term 1 and interleaving as Yr13 HT1 5 Tests with a synoptic focus in final test Plus 1x2 hour paper1 and 1x1 hour paper 2. As Mock in hall exam conditions.
Spring half term 4 Sequential knowledge and skills	<b>Biomechanical Movement</b> 1.Biomechanical principles 2.Lever <b>Sports Psychology</b> <b>Psychological factors that can influence an individual in physical activities</b> 3.Aspects of personality, 4. Attitudes, 5. Arousal, 6. Anxiety	<b>Sport and society and the role of technology in physical activity and sport</b> 1.Concepts of physical activity and sport 2.Development of elite performers in sport 3.Ethics in sport 4.Violence in sport 5.Drugs in sport
Assessment Content and methods used to judge learning	Detail as Autumn half term 1 and interleaving as Yr13 HT1 3 tests with a synoptic focus in final test	Detail as Autumn half term 1 and interleaving as Yr13 HT1 5 Tests with a synoptic focus in final test
Summer half term 5 Sequential knowledge and skills	<b>Sports Psychology continued</b> 1.Aggression 2.Motivation 3.Social Facilitation 4.Group Dynamics 5.Importance of goal Setting <b>The role of technology in physical activity and sport-</b> this covers topics that are covered again in next years' content-no test	<b>Sport and society and the role of technology in physical activity and sport</b> 1.Sport and the law 2.Impact of commercialisation on physical activity and sport and the relationship between sport and the media 3.The role of technology in physical activity and sport <b>Synoptic application of knowledge for AO1 AO2 AO3</b>
Assessment Content and methods used to judge learning	Detail as Autumn half term 1 and interleaving as Yr13 HT1 5 tests with a synoptic focus in final test.	Detail as Autumn half term 1. 4 Tests for the main content. with a synoptic focus in final test. Followed by thorough examination preparation, revision and revision techniques. Supplemented with regular and varied exam practice questions.
Summer half term 6 Sequential knowledge and skills	<b>Applied anatomy and Physiology</b> <b>Energy Systems</b> 1.Aerobic, Anaerobic, Lactate. 2.Measurement of energy expenditure 3.Impact of specialist training on the energy systems	<b>Revision and exam technique improvement and practice</b>  Thorough revision and exam preparation across all topics and styles of questions.
Assessment Content and methods used to judge learning Assessment	Detail as Autumn half term 1 and interleaving as Yr13 HT1 EOY Assessments Previous years' AS paper in exam conditions. Energy systems not summatively tested at this stage.	Final A level papers <b>Paper 1 (2 Hours)</b> Section A Applied anatomy and physiology. Section B Skill Acquisition Section C Sport and Society <b>Paper 2 (2 Hours)</b> Section A Exercise physiology and biomechanics Section B Sports psychology Sport and society and technology in sport.

