



	Autumn1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 12 NWH	Unit: CV & R/S	Unit: M'MENT	Unit: SOCIAL	Unit: SOC	Unit: ENERGY	Unit: NEA
	Wk 1: Cardiac conduction system	Wk 1: Muscle fibres. Motor units	Wk 1: Newton's laws. Measurements	Wk 1: Sociology of sport	Wk 1: ATP/PC & Lactate system	Wk 1: Altitude training. HITT
	Wk 2: Q, SV, HR. Health & CV system. CV drift	Wk 2: PNF. Planes & axes	Wk 2: Centre of mass. Levers	Wk 2: benefits of raising ptp. Barriers to ptp - disability	Wk 2: Aerobic system. Energy continuum	Wk 2: Plyometrics. SAQ
	Wk 3: Vascular system. Venous return	Wk 3: Antagonistic pairs. Types of muscle contraction	Wk 3: Pre-Industrial Britain	Wk 3: Barriers – ethnicity & gender	Wk 3: O2 deficit. EPOC.	Wk 3: NEA
	Wk 4: Transport of O2. Redistribution. A-VO2 diff	Wk 4: Balanced diet. Dietary supplements	Wk 4: Industrial revolution	Wk 4: Health, fitness & social benefits. Sport Eng	Wk 4: OBLA, VO2max.	Wk 4: NEA
	Wk 5: Mech of breathing. Lung vols	Wk 5: Training planning. W-up / cool down	Wk 5: Amateur / prof'ism. Elite females	Wk 5: Women, ethnic minorities. NGBs	Wk 5: Measurements of energy expenditure	Wk 5: NEA
Wk 6: Gas exchange. Lifestyle	Wk 6: Principles of training. Training methods	Wk 6: Golden triangle	Wk 6: Test & review	Wk 6: TRIALS	Wk 6: NEA	
Final Assessment	HEART & R/S TEST	N/M & T METHODS TEST	GLOBAL SPORT TEST	SPORT IN SOCIETY TEST	TRIAL	NEA review – 25 mk

	Autumn1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 12 PLN	Unit: 1 2.1 (p48)	Unit: Unit: 2.1 (p74) 6.1(162)	Unit: 6.2 (p176) 6.3(p189)	Unit: 6.3 (p194)	Unit: 7.0	Unit: NEA
	Wk 1: Skill Acq – Classification of continuum	Wk 1: Theories of learning	Wk 1: Anxiety in sport	Wk 1: Group Dynamics / identity	Wk 1: Types of Data	Wk 1: NEA
	Wk 2: SA – types. Transfer.	Wk 2: Theories of learning End of chapter	Wk 2: Aggression in sport	Wk 2: Tuckman	Wk 2: data capture	Wk 2: NEA
	Wk 3: SA - Methods of Prac	Wk 3: Personality	Wk 3: Aggression in sport	Wk 3: Cohesions, task/ social	Wk 3: Testing / recording equipment	Wk 3: NEA
	Wk 4: Skill Acq - Methods of practice	Wk 4: Attitude formation	Wk 4: Motivation	Wk 4: Steiner, actual v potential	Wk 4: Practical application of data capture	Wk 4: NEA
	Wk 5: Stages of L'ing / F'back	Wk 5: Attitude	Wk 5: Social Facilitation	Wk 5: Social loafing / Ringelman, goal setting	Wk 5: Data integrity	Wk 5: UCAS
	Wk 6: Methods of guidance Wk 7: Revision/test/review	Wk 6: Arousal Wk 7: Revision/test/review	Wk 6: Revision/test/review	Wk 6: Revision/test/review	Wk 6: Revision/test/review	Wk 6: Work Exp
Final Assessment:	TEST	TEST	TEST	TEST	TEST	Review of cwk 22.5marks (approx)



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 13 NWH	Unit:	Unit: Angular motion	Unit: ELITE DEVT	Unit: DRUGS & LAW	Unit: REVISION	Unit:
	Wk 1: Acute & chronic injuries Wk 2: Inj prev. Rehab – proprioception & strength tr Wk 3: Hyperbaric chambers. Cryotherapy. Hydrotherapy Wk 4: Recovery. Linear motion. Vectors & scalars Wk 5: Motion graphs, acc, mass, forces Wk 6: Impulse	Wk 1: Newton's laws Wk 2: TRIAL EXAMS Wk 3: Moment of inertia. Angular momentum Wk 4: Projectile motion Wk 5: Fluid mechanics. Bernoulli principle Wk 6: TEST & review	Wk 1: Phys rec, sport & PE Wk 2: Personal, soc & cult factors. UK Sport Wk 3: NIS. NGBs Wk 4: Talent ID. WCCP Wk 5: Amateurism. S'manship & g'manship Wk 6: Deviance. Violence	Wk 1: Steroids, betablockers, EPO Wk 2: Implications of drug use. Legalisation. Wk 3: Negligence. Duty of care. Acts Wk 4: Commercialisation. Golden triangle Wk 5: Written commentaries cwk Wk 6: Commentaries	REVISION	
Final Assessment	LINEAR MOTION TEST	ANG MOTION TEST	ELITE DEVT TEST	DRUGS TEST		

	Autumn1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 13 PLN	Unit: 2.1 (p23)	Unit: 2.1 (p35)	Unit: 5.1	Unit: 5.1	Unit: 6.8	Unit:
	Wk 1: Info proc – info detection Wk 2: Selective attention Wk 3: Whittings Model Wk 4: Memory system, long v short. Wk 5: Feature of / storing info Wk 6: Revision/test/review	Wk 1: Schema Theory Wk 2: Trials Wk 3: Review of Trial Wk 4: Response time Wk 5: Hicks Law, single channel PRP Wk 6: Revision/test/review	Wk 1: Achievement motiv Wk 2: Achievement motiv Wk 3: Confidence in sport Wk 4: Confidence in sport Wk 5: Leadership Wk 6: Revision/test/review	Wk 1: Fieldler contingency model Wk 2: Chelladurai Wk 3: Stress / learned helplessness Wk 4: Attribution theory Wk 5: Attribution theory Wk 6: Revision/test/review	Wk 1: Tech in sport data Wk 2: Met Cart Wk 3: direct v indirect cal Wk 4: GPS/ Motion Capture Wk 5: Equipment / facilities Wk 6: Effect of audience / spectators	
Final Assessment	TEST					

