



PAPER 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 12 NWH	Unit: CV, R/S	Unit: Neuromuscular & Musculo-skeletal. Energy	Unit: Energy	Unit: Sport & Society	Unit: Sociological theory	Unit: NEA
	Wk 2: Q, SV, HR. Health & CV system. CV drift	Wk 1: PNF	Wk 1: O2 deficit. EPOC	Wk 1: Prep for Trial exam	Wk 1: Society. Socialisation Social control and social change	Wk 1: Intro and scene setting
	Wk 3: Vascular system. Venous return	Wk 2: Planes & axes	Wk 2: VO2 max	Wk 2: Trial exam	Wk 2: Social issues. Social structures/stratification	Wk 2: Weaknesses in skill
	Wk 4: Transport of O2. Redistribution. A-VO2 diff	Wk 3: Antagonistic pairs. Types of muscle contraction	Wk 3 & 4: Energy expenditure	Wk3: Pre-Industrial Britain	Wk 3 & 4: Underrepresented grps	Wk 3: Comparison to elite
	Wk 5: Mech of breathing. Lung vols	Wk 4: Energy transfer in the body		Wk 4 & 5: Industrial & post-industrial		Wk 4: Possible causes of weakness
	Wk 6: Gas exchange. Lifestyle	Wk 5: Energy continuum	Wk 5 & 6: Specialist training methods		Wk 5: Equal opps terms. Benefits of raising participation	Wk 5: UCAS
	Wk 7: Muscle fibres, motor units	Wk 6: Lactate accumulation, lactate threshold, OBLA		Wk 6: Post WW2	Wk 6: Sport England, Local & National partners	Wk 6: Summary
Final Assessment	HEART & R/S TEST	N/M & Musculo-skeletal TEST	ENERGY TEST	TRIALS / SPORT IN SOCIETY TEST	SOCIOLOGICAL THEORY TEST	NEA review – 25 mk
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 12 PLN	Unit: Skill, continuums & transfer of skills	Unit: Theories of learning, Memory models	Unit: Memory models, Sport psychology	Unit: Sport psychology	Unit: Sport psychology	Unit: NEA
	Wk 1: Skill Acq – Classification	Wk 1 & 2: Theories of learning	Wk 1: Schema Theory	Wk 1: Prep for Trial exam	Wk 1: Social Facilitation	Wk 1: NEA
	Wk 2: SA – types. Transfer.	Wk 3 & 4: Information processing – general model	Wk 2: Response time	Wk 2: Trial exams	Wk 2: Group Dynamics / ID	Wk 2: NEA
	Wk 3: SA - Methods of Prac	Wk 5: Whittings Model & application to context	Wk 3: Hicks Law, single channel PRP PAPER 2	Wk 3: Anxiety in sport	Wk 3: Tuckman	Wk 3: NEA
	Wk 4: SA - Methods of practice	Wk 6: Memory systems	Wk 4: Personality	Wk 4: Aggression in sport	Wk 4: Cohesions, task/ social	Wk 4: NEA
	Wk 5: Stages of L'ing / F'back	Wk 7: Storing info	Wk 5: Attitude formation	Wk 5: Aggression in sport	Wk 5: Steiner, actual v potential	Wk 5: UCAS
	Wk 6: Methods of guidance		Wk 6: Attitude	Wk 6: Motivation	Wk 6: Social loafing / Ringelman, goal setting	Wk 6: Summary
Wk 7: Revision/test/review		Wk 7: Arousal				
Final Assessment	TEST	TEST	TEST	TEST	TEST	Review of cwk 22.5 marks (approx)



PAPER 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1
Year 13 NWH	Unit: Diet, training methods, injury	Unit: Biomechanical movement	Unit: Sport & Society	Unit: Sport & the law. commercialisation	REVISION
	Wk 1: Food class & dietary supplements	Wk 1: TRIAL PREP	Wk 1: Concepts of physical recreation, sport & PE	Wk 1: TRIAL PREP	
	Wk 2: Field & lab tests. W-ups & cool downs	Wk 2: Trials	Wk 2 & 3: Development of elite performers	Wk 2: TRIALS	
	Wk 3: Principles of training & periodisation	Wk 3: Newton's Laws. Vectors & scalars	Wk 4: Ethics in Sport	Wk 3: Sport & the law	
	Wk 4: Training methods	Wk 4: Centre of mass & stability. Levers	Wk 5: Violence in Sport	Wk 4: Commercialisation. Golden triangle	
	Wk 5: Acute & chronic injuries	Wk 5: Forces in linear motion. Impulse	Wk 6: Drugs in sport	Wk 5 & 6: Practical cwk written commentaries	
	Wk 6: Inj prev. Proprioception & strength training	Wk 6: Newton's laws of angular motion. Terms in angular motion			
	Wk 7: Hyperbaric chambers. Cryotherapy. Hydrotherapy	Wk 7: Projectile motion. Fluid mechanics			
Wk 8: Recovery					
Final Assessment	TEST	BIOMECHANICS TEST	ELITE DEVT TEST	DRUGS / COMM TEST	

PAPER 2	Autumn1	Autumn 2	Spring 1	Spring 2	Summer 1
Year 13 PLN	Unit: Attribution theory, confidence, Leadership	Unit: Stress management	Unit: Role of technology	Unit: NEA	REVISION
	Wk 1: Achievement motiv	Wk 1: Trial prep	Wk 1: Types of Data/ capture	Wk 1: TRIAL PREP	
	Wk 2: Achievement motiv	Wk 2: Trials	Wk 2: Testing / recording equipment	Wk 2: TRIALS	
	Wk 3: Confidence in sport	Wk 3: Fieldler contingency model	Wk 3: Met Cart	Wk 3 – 6: NEA – Part 2	
	Wk 4: Confidence in sport	Wk 4: Chelladurai	Wk 4: GPS/ Motion Capture		
	Wk 5: Leadership	Wk 5: Attribution theory	Wk 5: Application of data capture		
	Wk 6: Revision/test/review	Wk 6: Learned helplessness	Wk 6: Data integrity		
Final Assessment	TEST	TEST	TEST		

