

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Rotating	Rotating	Rotating	Rotating	Rotating	Rotating
<p>Badminton Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents.</p> <p>Trampolining Skills: Balance, control, techniques, routines.</p> <p>Basketball Skills: Attacking, defending, passing and possession, shooting, using space, travelling, ball familiarisation.</p> <p>Football Skills: Attacking, defending, passing and possession, shooting, using space, travelling, control</p> <p>SMSC and British Values: <i>Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</i></p>	<p>Fitness Skills: Exercise technique, types of training, components of fitness, fitness testing.</p> <p>Exercise to Music</p> <p>Football Skills: Attacking, defending, passing and possession, shooting, using space, travelling, control</p> <p>Table Tennis Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents.</p> <p>SMSC and British Values: <i>Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</i></p>	<p>Basketball Skills: Attacking, defending, passing and possession, shooting, using space, travelling, ball familiarisation.</p> <p>Football Skills: Attacking, defending, passing and possession, shooting, using space, travelling, control</p> <p>Frisbee Skills: hand eye coordination, teamwork, outwitting opponents</p> <p>SMSC and British Values: <i>Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</i></p>	<p>Cricket Skills: Batting, bowling, fielding, catching, throwing, strategy.</p> <p>Athletics Skills: Performing a maximum levels, recording, pacing, power, target setting</p> <p>Table Tennis Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents.</p> <p>SMSC and British Values: <i>Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</i></p>	<p>Dance Skills: Poise, flexibility, motif, creativity.</p> <p>Athletics Skills: Performing a maximum levels, recording, pacing, power, target setting</p> <p>Cricket Skills: Batting, bowling, fielding, catching, throwing, strategy.</p> <p>Outwitting Opponents Volleyball and Basketball</p> <p>Rounder's/Softball Skills: Striking and fielding skills.</p> <p>SMSC and British Values: <i>Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</i></p>	<p>Exams</p>

Enrichment/Extra Curriculum:

- *Interschool matches and competitions.*

PE Year 12

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Topic: Anatomy & Physiology					
Themes: Structure and function of the heart Conduction system Hormonal and neural control of HR CCC Vascular shunt Blood pressure Transportation of O ₂ Venous Return Definitions of Q, SV, HR AVO ₂ -diff	Themes: Mechanics of breathing Lung volumes and impact on sport Gaseous exchange RCC	Themes: Muscles Bones Levers Muscle fibres Motor units PNF Glycogen loading	Themes: Planes and Axis Joints and actions Diet Sporting supplements Periodisation	Themes: Principles of training Types of training Newton's Laws	Themes: Mock Exam preparation and revision practice Intervention workshop CV system, respiratory system.
Topic: Skill Acquisition					
Themes: Skill Acquisition Characteristics of skill Skill continua Transfer of learning	Themes: Methods of practice Skill classification Stages of learning Cause and solutions of learning plateau Cognitive theory Behaviourist theory SLT Constructionist theory	Themes: Types of guidance Feedback	Themes: Personality Attitudes Arousal theories Anxiety	Themes: Aggression and assertion Control of aggression Social inhibition Social facilitation Motivation	Themes: Mock Exam preparation and revision practice Intervention workshop cognitive theory.
Topic: Sport and Society					
Themes: Popular recreation Feudal system	Themes: Women in Football Women in Athletics	Themes: Golden triangle Channels of	Themes: Underrepresented groups in sport	Themes: Technological Advancements	Themes: Mock Exam preparation and revision practice

<p>Industrial revolution Rational recreation Churches and factories development and involvement in sport</p>	<p>Women in Tennis</p>	<p>communication Society, socialisation and stratification Social control and change Causes of inequality</p>	<p>Stereotyping, discrimination and prejudice Barriers to participation Benefits to rising participation Sport England and National Partners</p>	<p>Video Analysis Testing and Recording technology</p>	<p>Intervention workshop concepts of PA and sport.</p>
<p>Skills: Develop knowledge and understanding of the changes within the body systems prior to exercise, during exercise of differing intensities and during recovery. Develop knowledge and understanding of the principles required to optimise learning of new, and the development of existing, skills in a range of physical activities. Develop knowledge and understanding of the interaction between, and the evolution of, sport and society.</p>	<p>Skills: Develop knowledge and understanding of the changes within the body systems prior to exercise, during exercise of differing intensities and during recovery. Develop knowledge and understanding of the principles required to optimise learning of new, and the development of existing, skills in a range of physical activities. Develop knowledge and understanding of the interaction between, and the evolution of, sport and society.</p>	<p>Skills: Develop knowledge and understanding of the changes within the body systems prior to exercise, during exercise of differing intensities and during recovery. Develop knowledge and understanding of the principles required to optimise learning of new, and the development of existing, skills in a range of physical activities. Develop knowledge and understanding of the interaction between, and the evolution of, sport and society.</p>	<p>Skills: Develop knowledge and understanding of the changes within the body systems prior to exercise, during exercise of differing intensities and during recovery. Develop knowledge and understanding of the principles required to optimise learning of new, and the development of existing, skills in a range of physical activities. Develop knowledge and understanding of the interaction between, and the evolution of, sport and society.:</p>	<p>Skills: Develop knowledge and understanding of the changes within the body systems prior to exercise, during exercise of differing intensities and during recovery. Develop knowledge and understanding of the principles required to optimise learning of new, and the development of existing, skills in a range of physical activities. Develop knowledge and understanding of the interaction between, and the evolution of, sport and society.:</p>	<p>Skills: Develop knowledge and understanding of the changes within the body systems prior to exercise, during exercise of differing intensities and during recovery. Develop knowledge and understanding of the principles required to optimise learning of new, and the development of existing, skills in a range of physical activities. Develop knowledge and understanding of the interaction between, and the evolution of, sport and society.</p>
<p>Assessment: Exam board end of unit tests, presentations, independent research.</p>	<p>Assessment: Exam board end of unit tests, presentations, independent research.</p>	<p>Assessment: Exam board end of unit tests, presentations, independent research.</p>	<p>Assessment: Exam board end of unit tests, presentations, independent research.</p>	<p>Assessment: Exam board end of unit tests, presentations, independent research.</p>	<p>Assessment: Exam board end of unit tests, presentations, independent research. Mock examination.</p>

PE Year 13

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Topic: Anatomy & Physiology					
<p>Themes: Energy transfer in the body. Energy continuum of physical activity. Energy transfer during short duration/high intensity exercise. Energy transfer during long duration/lower intensity exercise. Factors affecting VO2 max/aerobic power. Measurements of energy expenditure. Impact of specialist training methods on energy systems.</p>	<p>Themes: Types of injury. Understanding different methods used in injury prevention, rehabilitation and recovery. Physiological reasons for methods used in injury rehabilitation. Importance of sleep and nutrition for improved recovery.</p>	<p>Themes: An understanding of the forces acting on a performer during linear motion. Definitions, equations and units of vectors and scalars. The relationship between impulse and increasing and decreasing momentum in sprinting through the interpretation of force/time graphs.</p>	<p>Themes: Application of Newton's laws to angular motion. Definitions and units for angular motion. Conservation of angular momentum during flight, moment of inertia and its relationship with angular velocity. Factors affecting horizontal displacement of projectiles. Factors affecting flight paths of different projectiles. Vector components of parabolic flight.</p>	<p>Themes: Dynamic fluid force. Factors that reduce and increase drag and their application to sporting situations. The Bernoulli principle applied to sporting situations.</p>	<p>Themes: Review and exam preparation. Real Exam.</p>
Topic: Skill Acquisition					
<p>Themes: Input. Decision making. Output. Feedback. Application</p>	<p>Themes: Definitions of and the relationship between reaction time, response time,</p>	<p>Themes: Atkinson's model of achievement motivation. Characteristics of</p>	<p>Themes: Attribution process. Weiner's Model and its application to sporting situations.</p>	<p>Themes: Vealey's Model of self-confidence. Effects of home field advantage.</p>	<p>Themes: Explanation of the terms 'stress' and 'stressor'. Use of warm up for stress</p>

<p>of Whiting's information processing model to a range of sporting contexts.</p> <p>Applied understanding of information processing terms within a sporting context.</p>	<p>movement time.</p> <p>Factors affecting response time.</p> <p>Definitions of anticipation.</p> <p>Strategies to improve response time.</p> <p>Schmidt's schema theory.</p> <p>Application of schema theory in sporting situations.</p> <p>Strategies to improve information processing.</p> <p>3.1.3</p>	<p>personality components of achievement motivation.</p> <p>Impact of situational component of achievement motivation.</p> <p>Achievement goal theory.</p> <p>Strategies to develop approach behaviours leading to improvements in performance.</p>	<p>Link between attribution, task persistence and motivation.</p> <p>Self-serving bias.</p> <p>Attribution retraining.</p> <p>Learned helplessness.</p> <p>Strategies to avoid learned helplessness leading to improvements in performance.</p> <p>Characteristics of self-efficacy, selfconfidence and self-esteem.</p> <p>Bandura's Model of self-efficacy.</p>	<p>Strategies to develop high levels of selfefficacy leading to improvements in performance.</p> <p>Characteristics of effective leaders.</p> <p>Styles of leadership.</p> <p>Evaluation of leadership styles for different sporting situations.</p> <p>Prescribed and emergent leaders.</p> <p>Theories of leadership in different sporting situations.</p>	<p>management.</p> <p>Effects of cognitive and somatic techniques on the performer.</p> <p>Explanation of cognitive techniques. Review and exam preparation. Real Exam.</p>
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Topic: Sport and Society

<p>Themes:</p> <p>The characteristics and functions of key concepts and how they create the base of the sporting development continuum.</p> <p>The similarities and the differences between these key concepts The personal, social and cultural factors required to support progression from talent identification to elite</p>	<p>Themes:</p> <p>The key features of National Governing Bodies' Whole Sport Plans.</p> <p>The support services provided by National Institutes of Sports for talent development.</p> <p>The key features of UK Sport's World Class Performance Programme, Gold Event Series and Talent Identification</p>	<p>Themes:</p> <p>Amateurism, the Olympic Oath, sportsmanship, gamesmanship, win ethic.</p> <p>Positive and negative forms of deviance in relation to the performer.</p> <p>The causes and implications of violence in sport in relation to the performer, spectator and sport.</p> <p>Strategies for preventing</p>	<p>Themes:</p> <p>The social and psychological reasons behind elite performers using illegal drugs and doping methods to aid performance. The physiological effects of drugs on the performer and their performance.</p> <p>The positive and negative implications to the sport and performer of drug</p>	<p>Themes:</p> <p>Arguments for and against drug taking and testing. The uses of sports legislation. The positive and negative impact of commercialisation, sponsorship and the media. Functions of sports analytics</p>	<p>Themes:</p> <p>The development of equipment and facilities in physical activity and sport, and their impact on participation and performance.</p> <p>The role of technology in sport and its positive and negative impacts. Review and exam preparation. Real Exam.</p>
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independent research.	independent research.	independent research.	independent research.	independent research.	independent research. Mock examination.
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