



YEAR 12

Autumn Term	Spring Term	Summer Term
<p>Course Outline - Introduction</p> <p>Component 1: Physiological factors affecting performance</p> <p>1.1 Applied Anatomy and Physiology 1.1a) Skeletal and Muscular Systems 1.1b) Cardiovascular and Respiratory Systems</p> <ul style="list-style-type: none"> • Structure and function of key systems of body • Understanding of cardiovascular/respiratory systems 	<p>Component 2: Psychological and socio-cultural themes in PE</p> <p>Higher-order Literacy Focus - Literacy in PE</p> <p>2.1 Skill acquisition</p> <p>2.2 Sports Psychology</p>	<p>Component 3: Performance in Physical Education (NEA)</p> <p>4.1 Content of non-exam assessment: Performance in Physical Education</p> <ul style="list-style-type: none"> ➤ Performance or coaching of an activity taken from the approved lists
<p>HALF TERM</p>		

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<p>1.2 Exercise physiology 1.2a) Diet and Nutrition 1.2b) Preparation and Training Methods 1.3 Biomechanics 1.3a) Biomechanical principles (levers, technology)</p> <ul style="list-style-type: none">• Knowledge of components of diet (hydration, supplements)• Understanding of ergogenic aids• Knowledge of training methods and impact on health• <i>Maths Link</i> - study of biomechanic principles e.g. Newton's Laws.	<p>2.3 Sport and Society</p> <ul style="list-style-type: none">• Psychological Factors - models and theories affecting performance• Understanding of principles to optimise new skills and develop existing.• Knowledge of Group dynamics and goal-setting• Knowledge of how sport has developed through time and factors that shape contemporary sport.• <i>Quantitative skills</i> - interpret/analyse data and graphs relating to participation in sport.	<p>4.2 Prior knowledge, learning and progression Evaluation of Performance for Improvement (EPI)</p> <ul style="list-style-type: none">• Demonstrate effective performance, use of tactics/techniques, observe rules under applied conditions• Observe a live sporting performance and provide oral response analysing and evaluating peers' performance.
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