


Year: 13 Subject: PE	Curriculum Intent: This course will prepare learners for the further study of PE or sports science courses as well as other related subject areas such as psychology, sociology, and biology. Learners will also develop the transferable skills that are in demand by further education, Higher Education, and employers in all sectors of industry. This specification will create confident, independent thinkers and effective decision makers who can operate effectively as individuals or as part of a team – all skills that will enable them to stand out and effectively promote themselves as they progress through life.					
	Term 1		Term 2		Term 3	
Topic Titles (in order of delivery)	1. Exercise for exercise 2. Contemporary issues	1. Injury prevention and rehabilitation 2. Contemporary issues	1. Biomechanics 2. Sport Psychology	1. Exam preparation 2. Sport Psychology	1. Revision	1. Revision
Key knowledge / Retrieval topics	1. Energy systems 2. Ethics and Deviance. 3. EAPI	1. Injury prevention and rehabilitation 2. Routes to sporting excellence	1. Linear, angular and Projectile motion 2. Management to Optimise performance	1. Revision topics 2. Revision topics	1. Revision	1. Revision
Understanding / Sequence of delivery	1. Specification and practical info 2. ATP / PC 3. Aerobic Respiration 4. Glycolysis 5. Energy Continuum 6. Recovery Lactariid 7. Recovery Alactacid 8. Altitude and heat 9. Implications of training on Recovery 10. E&D: Drugs and doping 11. E&D: Drugs and doping	1. Breaks 2. Soft tissue injury 3. Rehab from injury 4. Prevention of injury 5. Talent identification (UK sport) 6. National institute of sport 7. Strategies to address drop out	1. Linear Motion 2. Angular Velocity 3. Angular momentum 4. Fluid mechanics 5. Projectile motion 6. Projectile motion 7. Bernoulli principle 8. Free body diagrams 9. Magnus effect 10. Smiths proforma 11. Stress: Causes/responses 12. Stress management techniques 13. Stress management techniques	1. Emergence of sport: Pre 1850 2. EAPI: Strengths and weaknesses 3. EAPI: Links to theory 4. EAPI: Action plans 5. Hosting major games 6. Violence in sport 7. Gambling in sport 8. Stress: Causes/responses 9. Stress management techniques 10. Memory models	1. Relook at Year 12 work using Smiths 2. 20-mark questions 3. Global sporting events 4. E&D: Drugs and doping 5. Attribution 6. Confidence and Self-efficacy 7. Leadership in sport	1.Revision

	<p>12. Violence in sport 13. Gambling in sport 14. EAPI round 1 15. Talent identification (UK sport) 16. Strategies to address drop out 17. Modern technology: Impacts 18. Commercialisation of sport</p>	<p>8. Modern technology in sport 9. Modern technology: Impacts 10. Memory models 11. EAPI: Strengths and weaknesses 12. Attribution EAPI: Links to theory 13. Confidence and Self-efficacy 14. EAPI: Action plans 15. Leadership in sport</p>	<p>14. Skill classification/Practice Types 15. Transfer of skills 16. Learning theories 17. Stages of learning/Guidance 18. Feedback 19. Personality/Attitude Arousal Theories 20. Arousal Theories Aggression 21. Social facilitation Group/Team Cohesion</p>			
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