

Physical Education Department A Level Scheme of Work

		Year 12 – A Level	Year 13 - A Level
Phase 1		<p>A Level AQA Syllabus</p> <p>Anatomy and Physiology – Paper 1 - Cardiovascular System</p> <p>Skill acquisition – Paper 1 - Skill and Practice / Transfer / Guidance and feedback</p> <p>Sports and Society – Paper 1 -Popular and Rational Recreation</p> <p><i>Start of NEA Practical Coursework</i></p>	<p>Exercise Physiology – P2 - Diet</p> <p>Sports Psychology – P2 Leadership / Group Success / Goal Setting / Confidence</p> <p>Sports and Society – P2 Characteristics of an Elite Performance</p>
Phase 2		<p>Anatomy and Physiology – P1 - Respiratory System</p> <p>Skill acquisition – P1 - Stages of Learning / Principles of Learning / Information Processing</p> <p>Sports and Society – P1 Development of Football / Athletics / Tennis</p>	<p>Biomechanics – P2</p> <p>Sports Psychology – P2 - Confidence / Attribution Theory</p> <p>Sports and Society – P2 Role of UK Sport and Talent ID</p> <p>Paper 2 – Ethics in Sport – Drugs/ Violence</p> <p><i>Start NEA written Coursework</i></p>
Phase 3		<p>Anatomy and Physiology – P1 - Muscular System</p> <p>Sports Psychology –P2 - Personality / Attitudes / Arousal & Anxiety</p> <p>Sports and Society –P 1 Sociological Terms, barriers to participation.</p>	<p><i>Complete NEA written Coursework</i></p> <p><i>Complete NEA Practical</i></p> <p>Biomechanics -P2</p> <p>Sports Psychology – Motivation / Goal setting / Revision</p> <p>Sports and Society – P2 – Sport and the Law, Commercialisation and Technology in Sport</p>
Phase 4		<p>Anatomy and Physiology – P1 -Cardiovascular System</p> <p>Sports Psychology – P2 Aggression / Motivation / Social Facilitation</p> <p>Sports and Society – P1 Role of Sport England</p> <p>Paper 2 – Concepts of Physical Activity – Physical Recreation, Sport and PE</p>	<p>STUDY LEAVE</p>