

The Latimer Arts College Curriculum Year Overview

Subject: GCSE and A Level Physical Education

	Year 9	Year 10	Year 11	Year 12	Year 13
Term 1	<p>Understanding the role of a Physiotherapist</p> <p>Practical lessons in team sports</p> <p>Football/Basketball</p>	<p>Applied Anatomy and Physiology</p> <p>The structure and function of the skeletal system</p>	<p>Performance in Physical Education (NEA)</p> <p>Analysing and evaluating performance</p>	<p>Applied Anatomy and Physiology Cardiovascular System Skill Acquisition Skill, skill continuums and transfer of skills Sport and Society Emergence of globalisation of sport in the 21st century, Pre-industrial (pre-1780)</p>	<p>Exercise Physiology Injury Prevention and Rehab Sport Psychology Psychological factors that can influence an individual in physical activities- Anxiety, Aggression, Sport and society and the role of technology in physical activity and sport Ethics in sport. Violence in sport</p>
Term 2	<p>Understanding the role of a Personal Trainer</p> <p>Practical Lessons in Individual sport</p> <p>Table tennis</p>	<p>Applied Anatomy and Physiology</p> <p>The structure and function of the muscular system</p> <p>Movement Analysis</p>	<p>Socio Cultural Issues and Sports Psychology</p> <p>Engagement patterns of different social groups in physical activities and sports</p>	<p>Applied Anatomy and Physiology Respiratory System and Neuromuscular System Skill Acquisition Impact of skill classification on structure of practice for learning Sport and Society Emergence of globalisation of sport in the 21st century- industrial and post-industrial (1780–1900)</p>	<p>Biomechanical Movement Biomechanical principles Levers Sport Psychology Psychological factors that can influence an individual in physical activities- Achievement motivation theory, Social facilitation Sport and society and the role of technology in physical activity and sport- Drugs in sport Sport and the law</p>
Term 3	<p>Understanding the role of a Sports Development Officer</p> <p>Practical lessons in team sports</p> <p>Netball/ Volleyball</p>	<p>Applied Anatomy and Physiology</p> <p>The Cardiovascular and Respiratory Systems</p> <p>Effects of exercise on Body systems</p>	<p>Socio Cultural Issues and Sports Psychology</p> <p>Commercialisation of physical activity and sport</p> <p>Ethical and socio-cultural issues in physical activity and sport</p>	<p>Applied Anatomy and Physiology Musculoskeletal system and analysis of movement in physical activities Skill Acquisition Principles and theories of learning and performance Sport and Society Emergence of globalisation of sport in the 21st century- Post World War II (1950 to present)</p>	<p>Biomechanical Movement Linear motion and Angular motion Sport Psychology Psychological factors that can influence an individual in physical activities, Group dynamics, Importance of goal setting, Attribution theory Sport and society and the role of technology in physical activity and sport- Impact of commercialisation on physical activity and sport and the relationship between sport and the media</p>
Term 4	<p>Understanding the role of a Sports Psychologist</p> <p>Practical lessons in individual sports</p> <p>Badminton</p>	<p>Physical Training</p> <p>Training Components of Fitness</p>	<p>Socio Cultural Issues and Sports Psychology</p> <p>Sports Psychology</p>	<p>Applied Anatomy and Physiology Energy Systems Skill Acquisition Use of guidance and feedback Memory models Sport and Society The impact of sport on society and of society on sport- Sociological theory applied to equal opportunities</p>	<p>Biomechanical Movement Projectile motion and Fluid Mechanics Sport Psychology Psychological factors that can influence an individual in physical activities- Self-efficacy and confidence, Leadership Stress management Sport and society and the role of technology in physical activity and sport The role of technology in physical activity and sport</p>
Term 5	<p>Understanding the role of a Sports Nutritionist</p> <p>Practical lessons in team sports</p> <p>Hockey/Cricket</p>	<p>Physical Training</p> <p>Applying the principles of training</p>	<p>Socio Cultural Issues and Sports Psychology</p> <p>Health, Fitness and Wellbeing</p>	<p>Exercise Physiology Diet and Nutrition Sport Psychology Psychological factors that can influence an individual in physical activities- Aspects of personality Sport and society and the role of technology in physical activity and sport- Concepts of physical activity and sport</p>	<p>Revision</p>
Term 6	<p>Understanding the role of Sports Analyst</p> <p>Practical lessons in individual sports- tennis/Athletics</p>	<p>Physical Training</p> <p>Preventing injury in physical activity and training</p>		<p>Exercise Physiology Preparation and Training methods Sport Psychology Psychological factors that can influence an individual in physical activities- Attitudes, Arousal Sport and society and the role of technology in physical activity and sport- Development of elite performers in sport</p>	