Year: Y13
Subject: A-Level PE

Term	Week	Focus	Summary	Learning Outcomes	Learning Skills
Term 2.1	1	Biomechanic movement **Sport Psychology**	Biomechanical principles **Group Dynamics**	To identify three laws of linear motion and apply to sporting examples **To apply theories associated with concepts that affect performance**	*Critical Thinking – Video Analysis of the different types of levers being applied, identify when these occur*
	2	Biomechanic movement **Sport Psychology**	Levers **Importance of goal setting**	To define the scalars sped and distance giving equations and units of measurement**To apply theories associated with concepts that affect performance**	*Critical Thinking – Video Analysis of the different types of levers being applied, identify when these occur*
	3	Biomechanic movement **Sport Psychology**	Angular motion **Attribution theory**	To define centre of mass and identify factors affecting stability **To discuss strategies that can be used to overcome negative effects of psychological performance**	*Critical Thinking – Video Analysis of the different types of levers being applied, identify when these occur*
	4	Biomechanic movement **Sport Psychology**	Projectile motion **Self Efficacy and confidence**	State three classes of lever and give examples of their use in body **To understand factors which promote confidence in sport by looking at theories of Bandura and Vealey**	*Collaborative Learning – peer teaching various planes and axis. Students to present small pieces of information with their group to develop an understanding of these concepts.*
	5	Biomechanic movement **Sport Psychology**	Fluid mechanics **Leadership**	To identify the mechanical advantage and disadvantage of each class lever **To examine the role of sports leaders and the factors that influence leadership style**	*Collaborative Learning – peer teaching various planes and axis. Students to present small pieces of information with their group to develop an understanding of these concepts.*

	6	Biomechanic movement **Sport Psychology**	**Stress Management**	**To discuss the methods coaches can use to reduce stress in the performer, including somatic and cognitive**	*Collaborative Learning – peer teaching various planes and axis. Students to present small pieces of information with their group to develop an understanding of these concepts.*
Term	**Week**	**Focus**	**Summary**	**Learning Outcomes**	**Learning skills**
Term 2.2	**1**	Biomechanic movement **Sport Psychology** *Sport and Society*	Injury prevention and the rehabilitation of injury **Aggression in sport** *Ethics in Sport*	Understanding different methods used in injury prevention, rehabilitation and recovery. **Atkinson's Model** **Characteristics of personality components of achievement motivation.** **Impact of situational component** *The social and psychological reasons behind elite performers using illegal drugs and doping methods* *to aid performance.*	*Critical thinking – problem solving scenario – address issues with different negative lifestyle and provide solutions to turn these into a positive lifestyle choices*
	2	Biomechanic movement **Sport Psychology** *Sport and Society*	Injury prevention and the rehabilitation of injury **Aggression in sport** *Violence in Sport*	Physiological reasons for methods used in injury rehabilitation (hyperbaric chambers and cryotherapy). **Achievement goal theory – incentive value and** **probability of success.** **Strategies to develop approach behaviours leading to improvement** *The physiological effects of drugs on the performer* *and their performance.*	*Critical thinking – problem solving scenario – address issues with different athletes/body types and develop a specific diet for their needs.*
	3	Biomechanic movement **Sport Psychology** *Sport and Society*	Injury prevention and the rehabilitation of injury **Motivation in sport** *Violence in Sport*	Physiological reasons for methods used in injury rehabilitation (hyperbaric chambers and cryotherapy). **Social facilitation and** **inhibition (Zajonc's Model).**	*Critical thinking – problem solving scenario – address issues with different athletes/body types and develop a specific diet for their needs.*

				Evaluation apprehension. *The positive and negative implications to the sport* *and the performer of drug taking.*	
	4	Biomechanic movement **Sport Psychology** *Sport and Society*	Injury prevention and the rehabilitation of injury **Achievement motivation** *Drugs in Sport*	Physiological reasons for methods used in injury rehabilitation (hyperbaric chambers and cryotherapy). **Social facilitation and inhibition (Zajonc's Model).** **Evaluation apprehension.** *The positive and negative implications to the sport* *and the performer of drug taking.*	*Collaborative learning – group debate -justify why you would place specific skills on certain parts of each skill continuum.*
	5	Biomechanic movement Biomechanic movement **Sport Psychology** *Sport and Society*	Physiological reasons for methods used in injury rehabilitation (hyperbaric chambers and cryotherapy). **Achievement goal theory – incentive value and prob** *Drugs in Sport*	Importance of sleep and nutrition for improved recovery. **Strategies to eliminate the adverse effects of social facilitation and inhibition in performance.+H24** *Strategies for elimination of performance enhancing drugs in sport. Arguments for and against drug taking and testing.*	*Collaborative learning – group debate -justify why you would place specific skills on certain parts of each skill continuum.*