

Year 12	T1	T2	T3	T4	T5	T6
	Physiological	Physiological	Physiological	Physiological	Physiological	Physiological
	factors affecting	factors affecting	factors affecting	factors affecting	factors affecting	factors affecting
	performance	performance	performance	performance	performance	performance
	Mid term key	mid term key	Mid term key	Mid term key	Mid term key	Mid term key
	knowledge	knowledge	knowledge	knowledge	knowledge	knowledge
	assessment	assessment	assessment	assessment	assessment	assessment
	Joints, movements and muscles	Cardiovascular system at rest	Biomechanical principles	Diet and nutrition	Aerobic training	Aerobic training
				End of term - T1,	Periodisation of	Strength training
	Functional roles of	Cardiovascular	End of term - T1, T2	T2, T3 content and	training	
	muscles and types	system during	content and			End of term - T1,
	of contraction	exercise of differing		Diet and nutrition	End of term - T1,	T2, T3, T4, T5
		intensities and	Biomechanical		T2, T3, T4 content	content
	End of term	during recovery	principles	Ergogenic aids		
					Aerobic training	Aerobic training
	Joints, movements	End of term - T1	Levers	Psychological		
	and muscles	content and		factors affecting	Periodisation of	Strength training
			Analysing	performance	training	
	Functional roles of	Cardiovascular	movement through			Flexibility training
	muscles and types	system at rest	the use of	Mid term key	Impact of training	
	of contraction		technology	knowledge	on lifestyle diseases	Psychological
		Cardiovascular		assessment		factors affecting
	Analysis of	system during	Psychological		Psychological	performance
	movement	exercise of differing	factors affecting	Individual	factors affecting	
		intensities and	performance	differences	performance	Mid term key
	Skeletal muscle	during recovery				knowledge
	contraction					assessment



Muscle contraction	Respiratory system	Mid term key	End of term - T1,	Mid term key	Group and team
during exercise of	at rest	knowledge	T2, T3 content	knowledge	dynamics in sport
differing		assessment		assessment	
intensities and	Respiratory system		Individual		End of term - T1,
during recovery	during exercise of	Feedback	differences	Individual	T2, T3, T4, T5
	differing intensities			differences	content
Psychological	and during	End of term - T1, T2	Socio-cultural		
factors affecting	recovery	content and	issues in physical	End of term - T1,	Group and team
performance			activity and sport	T2, T3, T4 content	dynamics in sport
	Psychological	Feedback			
Mid term key	factors affecting		Mid term key	Individual	Goal setting in
knowledge	performance	Application of skill	knowledge	differences	sports
assessment -		acquisition to exam	assessment		performance
	Mid term key	questions		Socio-cultural	
Classification of	knowledge		Global sporting	issues in physical	Socio-cultural
skills	assessment	Socio-cultural	events	activity and sport	issues in physical
		issues in physical			activity and sport
End of term - Year	Principles and	activity and sport	End of term - T1,	Mid term key	
12 content and	theories of learning		T2, T3 content	knowledge	Mid term key
	movement skills	Mid term key		assessment	knowledge
Classification of		knowledge	Global sporting		assessment
skills	End of term T1	assessment	events	Ethics and deviance	
	content and			in sport	Commercialisation
Types and methods		Emergence and			and media
of practice	Principles and	evolution of		End of term - T1,	- 1 6
	theories of learning	modern sport		T2, T3, T4 content	End of term - T1,
Transfer of skills	movement skills	F 1 C 71			T2, T3, T4 content
	<u> </u>	End of term - T1, T2		Ethics and deviance	
	Stages of learning	content and		in sport	Commercialisation
					and media



Socio	o-cultural	Guidance	Emergence and		End of year test
issue	es in physical		evolution of		
activ	ity and sport	Socio-cultural	modern sport		Moderation of
		issues in physical			practical
Mid t	term key	activity and sport			
know	vledge				
asses	ssment -	Mid term key			
		knowledge			
Emei	rgence and	assessment			
evolu	ution of				
mod	ern sport	Emergence and			
	al class,	evolution of			
gend	ler, law and	modern sport			
	r, education	(availability of time,			
and I	iteracy)	money, type and			
		availability of			
End	of term	transport post-			
		1850, 20th Century			
	rgence and	and 21st Century)			
	ution of				
	ern sport	End of term - T1			
	al class,	content and			
	ler, law and	_			
	r, education	Emergence and			
and I	literacy)	evolution of			
		modern sport			
		(availability of time,			
		money, type and			
		availability of			
		transport post-			



1850, 20th Century		
and 21st Century)		