

<b>Subject: A Level PE Year 1</b>		<b>Year Group: 12</b>
Term 1 Key Focus/Topic(s) Cardiovascular system Skill Acquisition Theories of learning	Term 2 Key Focus/Topic(s) Respiratory System Neuromuscular System Guidance and Feedback	Term 3 Key Focus/Topic(s) The musculoskeletal system Energy Systems Information Processing
Term 1 Assessment Opportunities: End of topic tests. HWs Introduction of short mark questions and 8 markers.	Term 2 Assessment Opportunities: End of topic tests. HWs Short mark questions and 8 markers. Introduction of 15 mark questions.	Term 3 Assessment Opportunities: End of topic tests. HWs Short mark questions and 8 & 15 markers.
Term 4 Key Focus/Topic(s) Energy Systems Continued Historical development of sport Sociology of Sport (Creating equal opportunities)	Term 5 Key Focus/Topic(s) Revision and preparation for end of year tests. Reviewing of scripts and gap analysis.	Term 6 Key Focus/Topic(s) Energy Systems Aspects of personality (motivation, Arousal, Anxiety, Aggression etc)
Term 4 Assessment Opportunities: End of topic tests. HWs Short mark questions and 8 & 15 markers.	Term 5 Assessment Opportunities: Year 12 mock exams	Term 6 Assessment Opportunities: End of topic tests. HWs Short mark questions and 8 & 15 markers.

#### Rationale:

Year 12 aims to build solid foundations. These constitute:

- A firm grasp of how the course is structured and when/how assessment will take place. Including how they will be assessed practically.
- Developing exam style responses based on a good understanding of the different Areas of Assessment (AO1,2,3).
- Building independence through the setting of challenging assessed tasks in class as well as through homework.

Topics gradually increase in difficulty throughout the year to allow students to build their confidence in the subject.

#### Evaluation:

Work will be assessed regularly and teachers will set varied and stimulating tasks that range from the more common practice of answering exam style questions to the presenting of information and creation of online recourses such as revision vlogs and experiment write ups.

Last year revision 'broadsheets' as well as vlogs were used with increasing success – we will aim to build on this over the coming terms.