



PE CURRICULUM "At the same time as the spiral is going forward, it is also returning."

Topic		KNOWLEDGE ACQUISITION	DURATION (Approximate Lessons)	Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b	
Year 12										
1	Component 01 Physiological factors affecting performance: 1.1a Skeletal and muscular systems	Joints, movements and muscles, Functional roles of muscles and type of contraction, Analysis of movement, Skeletal muscle contraction, Muscle contraction during exercise of differing intensities and during recovery	12	[Blue]						
2	Component 02 Psychological factors affecting performance: 2.1 Skill acquisition	Classification of skills, Types and methods of practice, Transfer of skills, Principles and theories of learning movement skills, Stages of learning, Guidance & feedback	18	[Orange]						
3	Component 01 Physiological factors affecting performance: 1.1b Cardiovascular and respiratory systems	Cardiovascular system at rest, Cardiovascular system during exercise of differing intensities and during recovery, Respiratory system at rest, Respiratory system during exercise of differing intensities and during recovery	12		[Blue]					
4	Component 02 Psychological factors affecting performance: 2.2 Sports psychology	Personality, Attitudes, Motivation, Arousal, Anxiety, Aggression, Social Facilitation, Group and Team Dynamics in sport, Goal setting in sports performance	36		[Green]					
5	Component 01 Physiological factors affecting performance: 1.2a Diet and nutrition and their effect on physical activity and performance	Diet and nutrition, Ergogenic aid	12			[Yellow]				
6	Component 01 Physiological factors affecting performance: 1.2b Preparation & training methods in relation to improving & maintaining physical activity	Aerobic training, Strength training, Flexibility training, Periodisation of training, Impact of training on lifestyle disease	12				[Yellow]			
7	Component 01 Physiological factors affecting performance: 1.3a Biomechanical principles, levers, and the use of technology	Biomechanical principles, Levers, Analysing movement through the use of technology	12					[Green]		
8	Component 03 Content of socio-cultural issues in physical activity and sport: 3.1 Sport and Society	Emergence and evolution of modern sport, Sport in 21st Century, Global sporting events	36				[Magenta]			
9	Component 04 Performance in physical activity – Evaluation and Analysis of Performance for Improvement (EAPI)	Analysis of sporting performance in relation to strengths and weaknesses and evaluation of overall success of performance, Identification and justification of a priority weakness to improve sports performance, Design and implementation of development plan, Evaluation and reflection of sports performance and development plan	18						[Pink]	
Year 13										
1	Component 01 Physiological factors affecting performance: 1.1c Energy for Exercise	Adenosine Triphosphate and energy systems, Energy systems and ATP resynthesis, ATP resynthesis during exercise of differing intensities and durations, The recovery process	10	[Blue]						
2	Component 02 Psychological factors affecting performance: 2.1 Skill acquisition: 2.2 Sports psychology	Memory models, Attribution, Confidence and self-efficacy in sports performance, Leadership in sport, Stress management to optimise performance	30		[Orange]	[Green]	[Green]			
3	Component 01 Physiological factors affecting performance: 1.1d Environmental effects on body systems	Exercise at altitude, Exercise in heat	6	[Blue]						
4	Component 01 Physiological factors affecting performance: 2.1c injury prevention and rehabilitation of injury	Acute and chronic injuries, Injury prevention, Responding to injuries and medical conditions in a sporting context, Rehabilitation of injury	10		[Yellow]					
5	Component 03 Content of socio-cultural issues in physical activity and sport 3.2 Contemporary issues in physical activity and sport	Ethics and deviance in sport, Commercialisation and media, Routes into sporting excellence in the UK, Modern technology in sport	24	[Magenta]						

