

A Level PE Curriculum Plan



WHA		EWI		GWI	
WEEKS	Sport Psychology	WEEKS	Exercise Physiology, Training and Performance	WEEKS	Sport and Society
1 - 3	Personality	1-8	Short term responses to exercise - CV, respiratory and neuro-muscular. Long term adaptations to exercise - CV, respiratory, muscular, skeletal.	1-3	Sporting ethics and Deviance: fair play, sportsmanship, gamesmanship
4 - 6	Attitudes			4-6	Doping in Sport
7 - 8	Goal Setting			7-8	Sport, culture and society
9	KEY PIECE A				
10	Close the Gap				
11 - 13	Stress, Arousal and Anxiety	11-13 (Fridays)	Visit to MT3 fitness for training sessions on 1. Plyometric training 2. Weight training for strength 3. Weight training for endurance	11-13	Mass participation versus excellence. Factors affecting participation / barriers to participation (Provision, opportunity, esteem)
		11-13 (Wednesdays)	Methods of training - theory and practical Weight Continuous Fartlek Interval HIT Plyometrics Circuit Mobility Flexibility		
14 - 16	Motivation	14-16	Methods of training ctd Principles of training	14-16	Social differentiation, prejudice and discrimination
17 - 19	Aggression	17-19	Fitness testing/components of fitness	17-19	Economic and socio cultural factors impact on disadvantaged groups. Strategies and policies to address this.
20	KEY PIECE B				
21	Close the Gap				
22 - 23	Social Facilitation	22-25	Energy Systems	22-25	Talent Identification,

23 - 25	Group Dynamics				organisations and initiatives in sport
26 - 27	Leadership	26-27	Fatigue & Recovery		
28 - 29	Attribution Theory	28-29	Diet & Nutrition		
30 - 31	Self Efficacy and Confidence	30-31	Injury & rehab		
32 - 34	Revision / Catch Up	32-34	Revision / Catch Up		
35	Summer Exam				
36	Close the Gap				
37 - 39	Start Yr 13 Work	37 - 39	Start Yr 13 Work	37 - 39	Start Yr 13 Work