

	Term1	Term 2	Term 3	Term 4	Term 5	Term 6	Summer Holiday
Year 12	<ul style="list-style-type: none"> *Skeletal and Muscular systems *Diet and Nutrition *Ergogenic Aids * Skill Acquisition *Skill classification *Types of Practice *Transfer *Theories of learning *Guidance *Stages of Learning 	<ul style="list-style-type: none"> *Cardiovascular and Respiratory systems *Ergogenic Aids *Skill Acquisition *Feedback *Memory models 	<ul style="list-style-type: none"> *Energy systems *EPOC and recovery process *Altitude *Heat *Periodisation *Aerobic Capacity *Psychology of Sport *Personality *Attitudes *Motivation *Arousal 	<ul style="list-style-type: none"> Biomechanical Principles *Newtons Laws *Levers *Force *Biomechanics and technology *Strength Training *Psychology of Sport *Anxiety *Aggression *Social facilitation 	<ul style="list-style-type: none"> *Biomechanical Principles *EAPI *Flexibility Training *Psychology of Sport *Group Dynamics *Goal setting *Attribution theory *Confidence 	<ul style="list-style-type: none"> *EAPI *Flexibility training *Planning a programme *Lifestyle diseases *Psychology of Sport *Confidence *Leadership *Stress management 	<ul style="list-style-type: none"> * Research drills and practices for a variety of skills in chosen practical activity
Literacy/numeracy	VCOP	VCOP	VCOP	VCOP/ Calculations	Calculations	VCOP	
Assessments	End of topic tests	Mock Exam Papers	End of topic tests	End of topic tests	End of topic tests	Mock Exam paper	
Year 13	<ul style="list-style-type: none"> *EAPI *Biomechanics *Linear Motion *Angular Motion *Contemporary issues *Drugs in Sport *Violence in Sport *Gambling in Sport 	<ul style="list-style-type: none"> *EAPI *Biomechanics *Flight paths *Fluid dynamics *Projectile motion *Contemporary issues *Commercialism *Media *Talent ID *UK Sport/ NIS 	<ul style="list-style-type: none"> *EAPI *Biomechanics *Lift force *Downward lift force *Effects of Spin *Contemporary issues *Elite performance *General participation *Fair outcomes *Entertainment 	<ul style="list-style-type: none"> *EAPI *Sport and Society *Olympic Games *Hosting global events *Pre-industrial Britain *Post-industrial Britain *20th century Britain 	<ul style="list-style-type: none"> *Sport and Society *20th century Britain *21st century Britain <p>Revision across all topic areas</p>	N/A	
Literacy/numeracy	VCOP/ Calculations	VCOP/ Calculations	VCOP/ Calculations	VCOP	VCOP		
Assessment	End of topic tests	End of topic tests	January Mock	End of topic tests	Mock Exam papers	EXAMS!!	

