



Learning Aims and Curriculum Intent:

Pupils in Year 13 are expected to contribute to the in-depth analysis of content, including being able to respond effectively to examination requirements. Energy systems are explored in significant detail and applied to sporting performers. Environmental effects such as attitude and heat make for interesting topic exploration, amongst the ever-popular injury rehabilitation module. Biomechanics is extensive in Y13 with linear, angular, and projectile motion covered in a variety of theoretical and practical ways. Sport and its role in society is still prevalent with pupils undertaking a research morning out at the Stratford Olympic village to discuss regeneration and the impact of a global games. Sports psychology continues to dissect ranging from leadership to stress management. Routes to sporting excellence throughout the podium-potential model are cross-examined as pupils continue to be inquisitive learners.

Topic	Content, Key Questions and Knowledge	Skills	Assessment
Michaelmas 1	<p>Applied Anatomy and Physiology: Energy for exercise. Skill Acquisition: Memory Models. Sports Psychology: Attribution theory. Sociocultural: Ethics and deviance in sport</p> <p>A&P</p> <ul style="list-style-type: none"> . ATP and its role as an energy currency and resynthesis . The aerobic and anaerobic systems . Recovery periods and the physiological and biological processes that underpin them <p>Socio</p> <ul style="list-style-type: none"> . Ethics and deviance in sport – specifically the role of banned substances through a societal lens . Links back to physiology through mediums such as blood doping <p>Psych</p> <ul style="list-style-type: none"> . Wieners attribution model, what it is, what it does and how it can be retrained. . Coaching links back to skill acquisition year one <p>Skill Aq</p> <ul style="list-style-type: none"> . Memory models – Atkinson and Shiffrin and the Multi-Store-Memory Model 	<ul style="list-style-type: none"> Data analysis Evaluating and Analysing Texts/Resources Retrieval and recall How to make informed educated assumptions based of data Larger essay writing skills Synoptic Assessment 	<ul style="list-style-type: none"> Retrieval questions to build knowledge acquisition and understanding. Peer and self-assessment of question banks. Common Departmental Assessments. Graphical Interpretation
Michaelmas 2	<p>A&P: Recovery, altitude, and heat. Socio: Commercialisation and the Media. Psych: Confidence in sport. Skill Aq: Critique of Memory Models</p> <p>A&P</p> <ul style="list-style-type: none"> . The recovery process and EPOC, environmental effects: temperature regulation, cardiovascular drift . Acclimatising and optimising performance <p>Socio</p> <ul style="list-style-type: none"> . Gambling and its influx in sport, strategies to promote and prevent. . Ethical rules and dictation of conduct. The role of the media and how commercialised sport has become. <p>Psych</p> <ul style="list-style-type: none"> . Confidence and self-efficacy, studies such as Bandura are related to Vealey’s sports confidence model and dissected. <p>Skill Aq</p> <ul style="list-style-type: none"> . What improvements can be made to both Atkinsons and MSM models. Why does it offer a linear approach. 	<ul style="list-style-type: none"> Data tasks Linking synoptic questions Exams Analysis Oracy in presentations Mark scheme literacy Source retention Critique of key theories and suggestions going forward 	<ul style="list-style-type: none"> Retrieval questions to build on prior knowledge. Case study research tasks Data retrieval, analysis, and report Common Departmental Assessments. Mock External Practical Y2

Lent 1	<p>Injury Prevention. Commercialisation and the media 2.0. EAPI preparation and assessment. Stress Management</p> <p>Injury Prevention</p> <ul style="list-style-type: none"> Acute, hard, and soft tissue injuries. Concussion and treatment Contrast therapies and injury response and rehabilitation <p>Socio</p> <ul style="list-style-type: none"> The golden triangle and its impact on sport Positive and negative effects of increased media consumption Digest changes post 1980 to the modern day <p>Psych</p> <ul style="list-style-type: none"> Stress and its causes, including the lesser-known eustress. Management techniques <p>EAPI</p> <ul style="list-style-type: none"> Practice round oral assessment Video analysis detailed and the EAPI booklet 	<p>Article analysis</p> <p>Debating</p> <p>Real world significance</p> <p>Basic First Aid</p>	<p>Retrieval quizzes to build knowledge acquisition and understanding.</p> <p>Common Departmental Assessments.</p> <p>Mocks</p>
Lent 2	<p>Rehabilitation of Injuries. Linear & Angular Motion. Leadership in sport. Routes to sporting excellence in the UK.</p> <p>Injuries</p> <ul style="list-style-type: none"> Categories of injuries and how they are prevented <p>Biomechanics</p> <ul style="list-style-type: none"> Characteristics of motion and key descriptors <p>Socio</p> <ul style="list-style-type: none"> How elite sports performers are supported through schemes such as EIS, UK Sport, and podium pathways. <p>Psych</p> <ul style="list-style-type: none"> Leadership styles such as laissez-faire, autocratic, and democratic are explored through viable examples. 	<p>Assessment identification</p> <p>P</p>	<p>Peer assessment opportunities</p> <p>Q&A</p> <p>Common Departmental Assessments</p> <p>Quizzes.</p>
Trinity	<p>Biomechanics. Modern Technology. Stress Management Techniques. Fluid mechanics and projectile motion</p> <p>Biomechanics</p> <ul style="list-style-type: none"> Free body diagrams, how to complete and analyse Factors that affect air resistance and drag <p>Socio</p> <ul style="list-style-type: none"> Improvements in modern technology and its impact on sport, both biomechanically and equipment such as carbon fibre running plate insoles. <p>Psych</p> <ul style="list-style-type: none"> Optimising stress management techniques both cognitive and semantic 	<p>Extended answer writing</p> <p>Analysis of mark schemes</p> <p>Source reliability</p>	<p>Q&A</p> <p>Self and peer assessment</p> <p>Group led starter and plenaries</p>

Examples of Homework	As a sports rehab student assigned to a premier league football club, assess how you would monitor and treat injuries of a squad of 25+ players	
Key terminology	Drag, projectile, fluid mechanics, self-esteem, spectatorship, prosthetics, hypoxia, punditry, aerofoil, PRICE, subluxation, haematoma, MTSS, SALTAPS	
Super-curricular enrichment and scholarly extension	<ul style="list-style-type: none"> Go Explore: Body Systems and the Human Body in the British Library specifically biomechanics. Watch: Jonnie Peacocks – Superstars documentary Visit: University open days, check out the sports science labs 	
Useful websites	ZigZag education and the school's subscription. Ever Learner School Subscription. Past papers on SharePoint. Also, worth reviewing the online articles via the library on "PE Review"	
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