

Curriculum Subject: Physical Education KS5

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
YEAR 12	Skill Acquisition, Exercise Physiology, Applied Anatomy & Physiology <ul style="list-style-type: none"> • Classification of skills • Types and methods of practice • Transfer of skills • Skeletal and muscular systems • Diet and Nutrition 	Skill Acquisition, Exercise Physiology Applied Anatomy & Physiology <ul style="list-style-type: none"> • Learning Theories • Stages of learning • Guidance and feedback • Cardiovascular system • Perparation and training methods 	Sports Psychology , Sport and Society, Applied Anatomy & Physiology <ul style="list-style-type: none"> • Individual differences • Respiratory system • Emergence and evolution of modern sport 	Sports Psychology, Sport and Society, Biomechanics <ul style="list-style-type: none"> • Group & Team dynamics • Biomechanical principles • Sport in the 21st Century 	Sports Psychology, Sport and Society, Performance Analysis <ul style="list-style-type: none"> • Goal setting • Global sporting events • EAPI <p>Year 12 mock</p>	Sport and society Performance Analysis <ul style="list-style-type: none"> • EAPI
	Applied anatomy and physiology Sport Psychology <ul style="list-style-type: none"> • Energy for exercise • Attribution in sport • Confidence and self-efficacy in sports performance • Leadership in sport • Stress management to optimise performance 	Applied anatomy and physiology Skill Acquisition Sport Psychology <ul style="list-style-type: none"> • Recovery, altitude and heat • Injury prevention and rehabilitation of injury • Memory models • Ethics and deviance in sport 	Biomechanics EAPI <ul style="list-style-type: none"> • Linear motion • Angular motion • Analysis task <p>Year 13 mock</p>	Biomechanics Contemporary issues in physical activity and sport <ul style="list-style-type: none"> • Fluid mechanics and projectile motion • Commericalisation and media • Routes to sporting excellence in the UK • Modern technology in sport 	Exam Preparation <ul style="list-style-type: none"> • Revision • Exam preparation 	External exams
St Bede's Curriculum Design Principles <u>Within subjects:</u> depth, relevance, sequencing, spacing <u>Between subjects:</u> breadth, cultural capital, coherence, progression, interlinking						