

# PE KS5

	Autumn	Spring	Summer
Year 12	<p><b><u>Sport and society</u></b> Emergence of globalisation of sport in the 21st century Pre-industrial (pre-1780) Industrial and post-industrial (1780-1900) Post World War II (1950 to present) The impact of sport on society and of society on sport</p> <p><b><u>Psychological factors that can influence an individual in physical activities</u></b> Aspects of personality Attitudes Arousal Anxiety Aggression Motivation Achievement motivation theory</p>	<p><b><u>Sport and society</u></b> Sociological theory applied to equal opportunities</p> <p><b><u>Skill acquisition</u></b> Skill, skill continuums and transfer of skills Impact of skill classification on structure of practice</p> <p><b><u>Psychological factors that can influence an individual in physical activities</u></b> Social facilitation Group dynamics Importance of goal setting Attribution theory Self-efficacy and confidence Leadership Stress management</p>	<p><b><u>Skill acquisition</u></b> Principles and theories of learning and performance Use of guidance and feedback Memory models General information processing model Efficiency of information processing</p> <p><b><u>Exercise physiology</u></b> Biomechanical principles Levers Linear motion Angular motion Projectile motion Fluid mechanics</p>
Year 13	<p><b><u>Applied anatomy and physiology</u></b> Cardio-respiratory system Cardiovascular system Respiratory system</p> <p><b><u>Exercise physiology</u></b> Diet and nutrition and their effect on physical activity Preparation and training methods in relation to maintaining Injury prevention and the rehabilitation of injury Biomechanical movement Sport psychology</p>	<p><b><u>Applied anatomy and physiology</u></b> Neuromuscular system The musculo-skeletal system and analysis of movement in Energy systems</p> <p><b><u>Sport and society and the role of technology in physical activity and sport</u></b> Concepts of physical activity and sport Development of elite performers in sport Ethics in sport Violence in sport Drugs in sport Sport and the law</p>	<p><b><u>Exam technique</u></b> <b><u>Sport and society and the role of technology in physical activity and sport</u></b> Impact of commercialisation on physical activity and sport The role of technology in physical activity and sport</p> <p><b><u>Exam technique</u></b></p>