

Course Overview - A Level PE

Year 13 Autumn Term

Year 13 – Final EAPI Preparation

Week	Content
1	Re-cap and revisit – skill strengths
2	Re-cap and revisit – fitness strengths
3	Re-cap and revisit – skill weaknesses
4	Re-cap and revisit – fitness weaknesses
5	Re-cap and revisit – tactical strengths and weaknesses
6	Justification of 8-week plan
7	Development plan and Progressive practices
8	Anatomy and physiology theoretical elements
9	Sports psychology theoretical elements
10	Socio-cultural theoretical elements
11	Final Recording!

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