

Year Group: 12		Subject: A-Level PE	Term: Summer
Topic	Key Learning points		Assessment
Anatomy and Physiology	<p>Biomechanical Principles: Newton's Law of Motion, force and the use of technology. Understand the underlying biomechanical principles related to Newton's laws of motion and force and how they affect, and how they can be manipulated to maximise performance of physical activities in sport: Newton's first law or inertia Newton's second law of acceleration Newton's third law of reaction Net force, balanced and unbalanced forces Weight, reaction, friction and air resistance</p> <p>Performing calculations, draw and interpret diagrams and graphical data and have knowledge and understanding of the new biomechanical technologies used to analyse and enhance performance: Calculations of force, momentum, acceleration and weight Free body diagrams and resultant motion Limb kinematics Force plates Wind tunnels</p> <p>Be able to demonstrate knowledge and understanding of linear motion, and how it is created and measured in the performance of physical activities and sport: Characteristics and creation of linear motion Key Descriptors: distance, displacement, speed, velocity, acceleration and deceleration Distance/time, speed/time and velocity/time graphs of linear motion</p>		<p>Formative assessment through: Recap starters and definitions tests, low stakes quizzes, mini whiteboard retention & application tasks, creation of revision resources, class application questions & 5th hour and independent study application questions.</p> <p>Summative assessment through: End of topic/ Half-termly test weeks</p>
Skill Acquisition	<p>Understand Zajonc's theory of Social facilitation including its' strengths & weaknesses. Be able to link effects of arousal increase to the Cognitive & Autonomous stages of learning Know Cottrel's theory of Evaluation apprehension. Analyse the different factors that affect the extent of audience effect on performers. Evaluate strategies to reduce social inhibition. Know what constitutes a team and the stages of its formation. Know Steiner's model of Group Performance Understand strategies to reduce faulty processes and increase performance.</p> <p>Know the benefits of goal setting for a performer Understand how to set SMART targets Know the different types of goal and be able to apply them to different types of performer & sport Evaluate the advantages & disadvantages of the different types of goal Know the different time-phasing of goals and be able to apply them to different types of performer & sport</p>		

	<p>Analyse the advantages & disadvantages of the short, medium & long term goals</p> <p>Know the factors that affect effective goal setting including level of difficulty.</p> <p>Understand how to apply effective goal setting in their EAPI (Coursework)</p>	
Socio-cultural influences	<p>Understand the development routes from talent identification through to elite performance</p> <p>Understand the roles of schools, clubs and universities in contributing to elite sporting success</p> <p>Know the role of UK sport and national institutes in developing sporting excellent and high-performance sport</p> <p>Be familiar with the strategies to address drop-out or failure rate from elite development programmes and at elite-level sport</p> <p>Understand the extent to which modern technology has affected elite-level sport and general participation in sport, including increased or improved access, facilities, equipment, monitoring of exercise and safety</p> <p>Understand the extent to which modern technology has limited or reduced participation, including cost and the range of alternatives to physical activity and sport</p> <p>Understand the extent to which modern technology has increased fair outcomes, including better timing devices, increased accountability of officials, more accurate decision-making, improved detection of foul play and improved detection of doping.</p> <p>Understand the extend to which modern technology has limited or decreased fair outcomes</p> <p>Know and understand the extent to which modern technology has increased entertainment, and the extent to which it has reduced or limited entertainment, including interruption and delay and reduced live attendances</p>	