

# PE is your goal



3 papers:

Paper 1 = 2hrs

Paper 2 = 1hr

Paper 3 = 1hr

Sit A Level exams

All topics: Past paper questions and exam preparation.

**Biomechanics:** Linear motion, Angular motion, fluid mechanics and projectile motion. Contemporary issues in PA and sport: Continue Ethics and deviance in sport. Commercialisation and the media. Psych: Attribution in Sport Confidence & Self-Efficacy in Sports Performance. Leadership in Sport. Stress Management to Optimise Performance. Ex Phys: Energy for exercise.

**Cardiovascular system;** Respiratory system. **Biomechanics:** Newton's laws of motion, force and the use of technology.

**S&S:** Olympic Games. Psych: Group and Team Dynamics & Goal Setting in Sport.

**Ex Phys:** Preparation and training methods.



Yea 13 Term 3



Year 13 Term 2



Year 13 Term 1



Year 12 Term 2



Year 12 Term 1



Sit A Level exams



Year 13 Term 2



Evaluation and Analysis of Performance for Improvement (EAPI). Contemporary issues in PA and sport: Routes to sporting excellence in the UK. Modern Technology.

**A + P:** Injury prevention and the rehabilitation of injury  
**Ex Phys:** Recovery, Altitude and Heat.  
**SA:** Memory models

**Biomechanics:** Stability and lever systems. **Skill Acq:** Classification of skills, Types and methods of practice. Transfer of skills; learning theories, stages of learning, guidance and feedback. **S & S:** Hosting global sporting events, Ethics and deviance in sport.

**A+P:** Skeletal system, Muscular system; Start Cardiovascular system.

**S & S:** Emergence and evolution of modern sport (pre, Post and 20C), Sport in 21C.

**Psych:** Individual Differences.

**Ex Phys:** Diet, Nutrition and Ergogenic Aids.