

A Level PE: SOW (based on 8 x lessons per fortnight)

Year 1

Term	H555/01 Physiology		CKO (2 lessons) H555/03 Socio-cultural	HXK (6 lessons) H555/02 Psychology	? H555/05 and 06 Practical Performance and EAPI
	HXK (6 lessons)	CKO (2 lessons)			
Term 1	Anatomy & Physiology: <ul style="list-style-type: none"> 1.1a Skeletal System 1.1a Muscular System Exercise Physiology: <ul style="list-style-type: none"> 1.2a Diet and Nutrition/ Ergogenic Aids 	Anatomy & Physiology: <ul style="list-style-type: none"> 1.1b Cardiovascular System 			
Term 2	Exercise Physiology: <ul style="list-style-type: none"> 1.2c Injury Prevention and the rehabilitation of injury Anatomy & Physiology: <ul style="list-style-type: none"> 1.1c Energy for Exercise 1.1d Environmental Effects on Body Systems 	Anatomy & Physiology: <ul style="list-style-type: none"> 1.1b Respiratory System 			
Term 3	Exercise Physiology: <ul style="list-style-type: none"> 1.2b Preparation and training methods (*can't be delivered before body systems) -Strength Training -Flexibility Training -Periodisation of Training 	Exercise Physiology: <ul style="list-style-type: none"> 1.2b Preparation and training methods (*can't be delivered before body systems) -Aerobic Training -Impact of Training on Lifestyle Diseases 		Skill Acquisition: <ul style="list-style-type: none"> 2.1 Classification of skills 2.1 Types and methods of practice 	
Term 4			Sport and society: <ul style="list-style-type: none"> 3.1 Emergence and evolution of modern sport 	<ul style="list-style-type: none"> 2.1 Transfer of skills 2.1 Learning Theories 2.1 Stages of learning 2.1 Guidance 	

				<ul style="list-style-type: none"> • 2.1 Feedback • 2.1 Memory Models 	
Term 5			<p>Sport and society:</p> <ul style="list-style-type: none"> • 3.1 Global sporting events 	<p>Sport Psychology:</p> <ul style="list-style-type: none"> • 2.2 Individual Differences • 2.2 Group and team dynamics • 2.2 Goal setting 	
Term 6			<p>Contemporary Issues:</p> <ul style="list-style-type: none"> • 3.2 Ethics and deviance in sport 	<p>Sports Psychology:</p> <ul style="list-style-type: none"> • 2.2 Attribution in Sport • 2.2 Confidence and self-efficacy in sports performance • 2.2 Leadership in sport • 2.2 Stress Management to optimise performance 	
Year 2 (based on 7 x lessons per fortnight)					
	H555/01 Physiology		H555/05 and 06 Practical Performance and EAPI	H555/02 Psychology	H555/03 Socio-cultural

Term 1	Biomechanics: 1.3a Biomechanical principles: Newton's Law of motion, force and the use of technology 1.3a Biomechanical principles: stability and lever systems.			Contemporary Issues: <ul style="list-style-type: none"> 3.2 Routes to sporting excellence in the UK 3.2 Modern technology in sport Contemporary Issues: <ul style="list-style-type: none"> 3.2 Finish ethics and deviance in sport 3.2 Commercialisation and media
Term 2	1.3b Linear Motion 1.3b Angular Motion 1.3b Fluid Mechanics 1.3b Projectile motion Mock Revision			
Term 3		Practical Performance, coaching and development of EAPI skills, e.g. strengths and weaknesses. EAPI		