A-Level PE Scheme of Work (Year 2)

Collyer's A-Level PE

Week no	HWP/DJW Topic/Prep	PRV Topic/Prep	By the end of this week you should be able to…	Planned Study Resources
35	Warm Up/Cool Down	Coursework	Name the stages of a warm-up and cool down, be able to describe the content of each and identify the physiological benefits of warming up and cooling down. Compare the similarities and differences between warm-ups for contrasting sports.	Exercise Physiology Planned Study
36	Diet & Hydration Supplements & dietary manipulation.	Coursework	Name the macro and micronutrients, food sources and the role they play in sports performance. Explain the benefits and negative effects of using creatine monohydrate, sodium bicarbonate and caffeine as a performance enhancing supplement in sport. Explain how and why athletes may use Glycogen Loading in preparation for competition.	Exercise Physiology Planned Study
37	Training Methods	Coursework	Define the various training methods and be able to explain how they might be applied and adapted to meet the needs of contrasting athletes.	Exercise Physiology Planned Study
38	Sports Injuries- prevention & rehabilitation	Coursework	Define the various types of common injury which may occur in sport including their symptoms and likely causes (contrasting between Acute and Chronic injury types). Explain how a variety of methods can be employed to prevent/reduce the risk of injury. Explain different methods which can be used to promote faster and more effective recovery after exercise. Explain the method and purpose of various methods of injury rehabilitation.	Exercise Physiology Planned Study
39	Key data for laboratory conditions and field tests	Coursework	Explain using examples from fitness tests, what is meant by Quantitative, Qualitative, Objective and Subjective data and Validity and Reliability of testing. Explain the different types of data which can be collected, its validity and reliability and the importance of data integrity.	Exercise Physiology Planned Study
Week no	Key Topic		**SUMMER BREAK**	
Week 1. 27 Aug	ENROLMENT		Complete coursework and prepare for 2A Induction Test	
Week 2. 2 Sept	ENROLMENT		Complete coursework and prepare for 2A Induction Test	
Week 3. 9 Sept	Training Principles	Personality Video	Explain the principles of training using SPORR and FITT and be able to refer them to specific sports and physical activities to demonstrate understanding of how they could be used to develop fitness. Describe the three schools of psychology in relation to personality (trait, social learning & interactionist).	Sport Psychology Planned Study Biomechanics Planned Study

			Explain the difference between a sceptical and credulous approach Analyse how personality types and Hollander's Concentric Rings can be applied to performance and impact on performers both positively and negatively.	
Week 4 16 Sept	Periodisation TEST.	Arousal	Describe and draw in graph/pictorial version the 4 Arousal Theories (Drive, Inverted-U, Catastrophe and ZOF) Explain the concept of Flow Evaluate the benefits of being in the zone and assess the consequences of being over aroused. Explain the key terminology relating to how a periodised programme is constructed and give a description of the purpose of these different subdivisions for an athlete in training.	Sport Psychology Planned Study Biomechanics Planned Study
Week 5. 23 Sept	Newton's Laws, Levers	Anxiety & Anxiety Testing	Name, sketch and label the 3 different lever systems and identify where examples of these levers are found in the body. Explain the mechanical advantage and disadvantage of second-class levers compared to 3rd class levers. Name and define Newtons three laws of motion and explain their application in a range of sporting examples. Describe the difference between stress and anxiety. Explain with examples the 4 types of anxiety (cognitive, somatic, trait and state) Evaluate the effectiveness of anxiety testing (questionnaires, observation, biofeedback)	Sport Psychology Planned Study Biomechanics Planned Study
Week 6. 30 Sept	Forces & biomechanical principles. Impulse	Stress Management & Goal Setting **TEST - Sport Psychology Test**	Name and explain the main forces which can act on the body or objects in sport and link these back to Newtons Laws application to sporting examples. Explain the difference between vector and scalar quantities. Define the Centre of Mass and explain how this can influence the stability of an object. Describe the cognitive and somatic stress management techniques. Assess how they impact on performance and which sports, performers and coaches would suit which techniques	Sport Psychology Planned Study Biomechanics Planned Study
Week 7. 7 Oct	Linear and Projectile Motion	Stress Management & Goal Setting	Define and calculate the terms velocity, acceleration, momentum, impulse and be able to explain their application in sporting examples. Name and explain three factors which affect the horizontal displacement of a projectile. Explain how forces act upon different object in flight and sketch flight paths with force vectors applied for differing objects.	Sport Psychology Planned Study Biomechanics Planned Study
Week 8. 14 Oct.	**TEST - Biomechanics Test**	Motivation	Define the terms Extrinsic and Intrinsic Motivation giving examples from sport. Explain Achievement Motivation Theory and outline the impacts of incentive value and probability of success. Evaluate ways to create approach behaviour and Nach performers.	Sport Psychology Planned Study Biomechanics Planned Study
Week 9 21 Oct	Fluid Mechanics	Attitudes	Define and explain the application of different types of drag force and lift force. Explain, using sporting examples how drag force can be increased or decreased in sport. Explain the application of the Bernoulli Principle in different sports, as both an upward or downward lift force.	Sport Psychology Planned Study

			Outline the Triadic Model. Explain how attitudes are formed. Evaluate persuasive communication and cognitive dissonance as ways of changing an attitude.	Sport and Society Planned Study
	Half Term holiday			
Week 10 4 Nov	Angular Motion	Attributions Learned Helplessness	Define and be able to calculate Angular Motion, Angular Velocity and Angular acceleration. Apply Newtons Laws to Angular Motion with reference to a range of sporting examples showing rotation in three different axis. Define Moment of Inertia and apply it to the Law of Conservation of Angular Momentum. Evaluate the impact of being confident in sport Explain Weiner's Attribution Theory and define the term Self-Serving Bias Evaluate the use of Attribution re-training.	Sport Psychology Planned Study Sport and Society Planned Study
Week 11 11 Nov	Concepts of Physical Activity	Aggression	Identify and explain the concepts of Physical recreation, Sport, P.E., and School Sport in terms of their characteristics and functions. Make comparison between the 4 concepts of physical activity in terms of their similarities and differences. Outline the three perspectives to aggression theory Explain Frustration-Aggression and Aggressive Cue Hypothesis as interactionist theories. Discuss ways to avoid aggression.	Sport Psychology Planned Study Sport and Society Planned Study
Week 12 18 Nov	Elite Sport Development in UK	Self-Efficacy	Discuss the personal and social & cultural factors which make it more likely that an individual will become successful in elite sport. Describe the key features of Whole Sport Plans. Describe the range of support services offered by National Institutes of Sport. Explain Bandura's Self-Efficacy Model and Vealey's Self-Confidence Model Discuss ways to improve confidence/self-efficacy Explain the terms Global and Specific Learned Helplessness Evaluate ways a coach can help avoid Learned Helplessness.	Sport Psychology Planned Study Sport and Society Planned Study
Week 13 25 Nov	Structure of British Sport	Effects of an Audience	Explain the roles and interaction between the different organisations which provide support and progression for elite sports performers in the UK NGB's, UK Sport, National Institutes of Sport). Define the terms 'Homefield Advantage', 'Proximity Theory', 'Evaluation Apprehension'. Explain Social Facilitation Theory. Evaluate ways a coach can crate Social Facilitation.	Sport Psychology Planned Study Sport and Society Planned Study
Week 14 2 Dec	**TEST - Sport and Society Test**	**TEST - Sport Psychology Test**	Review your target grades, how is your learning progressing. Have you improved from the tests before half term?	Sport Psychology Planned Study Sport and Society Planned Study

Week 15 9 Dec	Talent ID programmes	Group Success	Explain the key features necessary for an effective talent identification programme and link this to the UK Sport World Class Performance Programme, Gold Event Series and other talent ID provision. Outline Tuckman's model of Group Formation. Explain Carron's Antecedents and apply to team sports. Explain Steiner's Model of Group Productivity Evaluate ways to avoid Faulty Processes.	Sport Psychology Planned Study Sport and Society Planned Study
	Christmas holiday			
Week 17 6 Jan	*NEA - Evaluation C/W & Video Editing*			
Week 18 13Jan				
Week 19 20 Jan				
Week 20 27 Jan			MID YEAR EXAM WEEK – NO LESSONS Complete Evaluation Coursework Due 25/1	
Week 21 3 Feb	NEA Support	Leadership Factors	Outline the three perspectives of leadership theory. Describe the different styles of leadership and give sporting examples of when they might be applied. Explain Chelladurai's Multidimensional model of leadership as an interactionist theory. Evaluate the impact of effective leadership on improving performance	Sport Psychology Planned Study Sport and Society Planned Study
Week 22 10 Feb	Olympic Ideal/Sportsmanship	NEA Support	Explain the original concept of 'Amateurism' in sport and the concept of 'Sportsmanship'. Explain how this led to the concept of the modern Olympics. Explain how and why modern sport has moved away from this original ideal, relative to concepts such as the 'Win Ethic' and Gamesmanship.	Sport Psychology Planned Study Sport and Society Planned Study
	Half term holiday			
Week 23 24 Feb	Subject 1-2-1's	Subject 1-2-1's		
Week 24 3 Mar	Deviancy- By Performers.	Impact of Technology on Sport.	Define the terms 'Positive' and 'Negative' Deviancy in relation to sport. Discuss the causes and possible solutions to violence by sports performers. Explain the use of a range of different technologies in sport including video analysis, GPS tracking and physiological testing equipment.	

		Technology for sports analytics	Explain the different types of data which can be collected, its validity and reliability and the importance of data integrity. Complete NEA Due 25/2	
Week 25 10 March	Deviancy-Hooliganism.	The development of equipment and facilities	Discuss the causes and possible solutions to violence by spectators in sport, with particular reference to football. Explain the development of equipment and facilities as a legacy of London 2012 Olympics and how this has impacted upon participation and performance.	
Week 26 17 Mar	Deviancy- Drugs in Sport	Commercialisation in Sport	Explain the social and psychological reasons why sports performers may use illegal performance enhancing drugs. Explain the physiological effects, performance benefits and side effects/health risks of using anabolic steroids, EPO and Beta Blockers. Evaluate the impact of commercialisation on society, performers and national governing bodies.	Sport and Society Planned Study
Week 27 24 Mar	Drug Testing	Impact of Media on Sport.	Explain the strategies used to eliminate illegal drug use in sport. Discuss the range of arguments for and against the use of drugs in sport. Discuss the role which media and technology plays in sport and the positive and negative impacts it has had on performers, coaches and audiences.	Sport and Society Planned Study
Week 28 31 Mar	Sport Law – Performers Sport Law – Spectators/Officials	**FULL MOCK Paper 1**	Explain legislations that can be applied to performers. Explain legislations that can be applied to spectators and officials.	Sport and Society Planned Study
	Easter holiday			
Week 29 21 April	Revision	Revision		
Week 30 28April	Revision	Revision		
Week 30 2 May	Revision	Revision		
Week 31 5 May	Sport and Society Test	Revision		
Week 32 12 May	**FULL MOCK Paper 2**	**FULL MOCK Paper 2**		

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Week 33 19 May	Revision	Revision		
	Spring Bank half term			
Week 34 02/06				
Week 35 9 June				
Week 36 16 June				
Week 37 23 June				
Week 38 30 June				
Week 39 7 Jul				
Week 40 14 Jul		Summer term ends 16 Jul		