

Scheme of Learning – Long Term Planning

Subject: Physical Education

Key stage: 5

Year	Autumn Term*	Spring Term*	Summer Term*
12	<p><u>Autumn 1</u></p> <p style="text-align: center;">Section A:</p> <p>Structure of the Heart Cardiac Conduction System Nervous system SV, HR & Q Impact of physical activity on health Venous return mechanisms</p> <p style="text-align: center;">Section B:</p> <p>Skill Skill continua Transfer of learning Methods of presenting practice and types of practice Methods of guidance Feedback Stages of learning</p> <p style="text-align: center;">Section C:</p> <p>Emergence of Globalisation of Sport in the 21st century Pre Industrial(pre1780) Characteristics and impact on sporting recreation Characteristics of popular and rational recreation linked to the two-tier class system.</p>	<p><u>Spring 1</u></p> <p style="text-align: center;">Section A:</p> <p>Lung volumes Gas Exchange Hormonal, chemical & neural regulation of pulmonary ventilation Receptors involved in regulation Impact of poor lifestyle choices on Respiratory System</p> <p style="text-align: center;">Section B:</p> <p>Baddeley and Hitch, working memory model Whiting's information processing model Relationship between reaction time (simple/choice), response time, movement time Factors affecting response time - Hick's law, Psychological refractory period and Single Channel Hypothesis.</p> <p style="text-align: center;">Section C:</p> <p>Post World War II(1950 to present) Characteristics and impact on sport (limited to development of association football, tennis and athletics)</p>	<p><u>Summer 1</u></p> <p style="text-align: center;">Section A:</p> <p>Joint actions in sagittal plane / transverse axis, frontal plane / sagittal axis, transverse plane / longitudinal axis Types of joint, articulating bones, main agonists & antagonists, types of muscle contraction</p> <p style="text-align: center;">Section B:</p> <p>Revision for June MOCK</p> <p style="text-align: center;">Section C:</p> <p>The barriers to participation in sport and physical activity and possible solutions to overcome them for underrepresented groups in sport Revision</p>
	<p><u>Autumn 2</u></p> <p style="text-align: center;">Section A:</p> <p>Starling's law of the heart Redistribution of blood Transportation of oxygen Cardiovascular drift Arterio-venous oxygen difference</p> <p style="text-align: center;">Section B:</p> <p>Learning plateau Cognitive theories Behaviourism Social learning Constructivism</p>	<p><u>Spring 2</u></p> <p style="text-align: center;">Section A:</p> <p>Muscle Fibres Nervous System Role of Proprioceptors in PNF Recruitment of Muscle Fibres</p> <p style="text-align: center;">Section B:</p> <p>Anticipation – temporal/spatial Strategies to improve response time Schmidt's schema theory Strategies to improve information processing</p> <p style="text-align: center;">Section C:</p> <p>The impact of Sport on Society and of Society on</p>	<p><u>Summer 2</u></p> <p style="text-align: center;">Section A:</p> <p>Energy Transfer in the body – systems & Energy Continuum Energy transfer during short duration / high intensity exercise Energy transfer during long duration / low intensity exercise Factors affecting V02 max & Measurements of energy expenditure Impact of specialist training methods on energy systems</p> <p style="text-align: center;">Section B:</p> <p>Personality</p>

	<p style="text-align: center;">Section C:</p> <p>Industrial and post-industrial (1780-1900) Characteristics and impact on sport (limited to development of association football, lawn tennis and rationalisation of track and field events)</p>	<p>Sport. Sociological Theory applied to equal opportunities Understanding social action theory in relation to social issues in physical activity and sport.</p>	<p>Attitudes Arousal Anxiety Aggression</p> <p style="text-align: center;">Section C:</p> <p>The characteristics and functions of key concepts and how they create the base of the sporting development continuum The similarities and the differences between these key concepts</p>
13	<p><u>Autumn 1</u></p> <p style="text-align: center;">Section A:</p> <p>Function of Nutrients Dietary supplements Key Terms & Benefits of a warm up & cool down- static and ballistic stretching Principles of Training – SPORR & FITT Periodisation. Preparation, Competition & Transition. Tapering & Peaking Training Methods</p> <p style="text-align: center;">Section B:</p> <p><i>Coursework</i> Motivation Atkinson’s achievement motivation model Incentive value and probability of success related to AM Achievement goal theory Strategies to develop approach behaviours Social facilitation Group dynamics Goal setting</p> <p style="text-align: center;">Section C:</p> <p>The personal, social and cultural factors required to support progression from talent identification to elite performance. The generic roles, purpose and the relationship between organisations in providing support and progression from talent identification through to elite performance The key features of National Governing bodies’ whole sport plans The support services provided by national institutes of sports for talent development The key features of UK Sport’s World class performance programme, Gold Event Series and Talent Identification and development</p>	<p><u>Spring 1</u></p> <p style="text-align: center;">Section A:</p> <p>Newton’s three laws of linear motion applied to sporting movements. Definitions & equations – speed, distance & Centre of mass. Factors affecting stability. Three classes of lever and examples Mechanical advantage and mechanical disadvantage of each class of lever. Forces –Gravity, friction, air resistance, internal muscular force & weight Definitions & equations – Mass, weight, velocity, displacement, acceleration & momentum Force / Time Graphs.</p> <p style="text-align: center;">Section B:</p> <p>Leadership characteristics, styles and formation Fiedler’s contingency model and Chelladurai’s multi-dimensional model Stress and stressor Use of warm up for stress management Cognitive and somatic stress management techniques</p> <p style="text-align: center;">Section C:</p> <p>Strategies for elimination of performance enhancing drugs in sport Arguments for and against drug taking and testing The use of sports legislation Impact of commercialism on physical activity and sport and the relationship between sport and the media The positive and negative impact of commercialisation, sponsorship and the media</p>	<p><u>Summer 1</u></p> <p style="text-align: center;">Section A:</p> <p>Revision</p> <p style="text-align: center;">Section B:</p> <p>Revision</p> <p style="text-align: center;">Section C:</p> <p>Revision</p>

<p><u>Autumn 2</u></p> <p>Section A: Types of Injury – Acute & Chronic Methods used in Injury Prevention- Screening, Protective Equipment, Warm up, Flexibility training, Taping & Bracing Methods used in Injury rehabilitation- Proprioceptive training, Strength training, Hyperbaric Chambers, Cryotherapy& Hydrotherapy Methods used in Injury recovery – Compression Garments, Massage, Cold therapy, Ice Bath, Cryotherapy Physiology reasons for methods & Importance of sleep and nutrition</p> <p>Section B: Attribution theory – Weiner’s model Self-serving bias, attribution retraining, learned helplessness Strategies to avoid learned helplessness Self-efficacy, self-confidence and self-esteem Bandura’s model of self-efficacy Vealey’s model of self-confidence Home-field advantage Strategies to develop high levels of self-efficacy</p> <p>Section C: Amateurism, the Olympic oath, sportsmanship, gamesmanship, win ethic Positive and negative forms of deviance The causes and implications of violence in sport in relation to the performer, spectator and sport Strategies for preventing violence within sport to the performer and spectator The social and psychological reasons behind elite performers using illegal drugs and doping methods to aid performance. The positive and negative implications to the sport and the performer of drug taking.</p>	<p><u>Spring 2</u></p> <p>Section A: Newton’s Angular laws Definitions – Angular displacement, Angular velocity, Angular acceleration Conservation of angular motion Factors affecting horizontal displacement Factors affecting flight paths Vector components Dynamic fluid force – Drag & lift Factors that reduce and increase drag Bernoulli principle – upward & downward lift force</p> <p>Section B: Revision</p> <p>Section C: Understanding of technology for sports analytics Functions of sports analytics The development of equipment and facilities in physical activity and sport and their impact on participation and performance</p>	
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