



SIR GRAHAM BALFOUR SCHOOL



CURRICULUM OVERVIEW – KEY STAGE 5 PHYSICAL EDUCATION

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
Year 12	<u>Applied Anatomy and Physiology</u> Cardio- respiratory system Cardiovascular system Respiratory system		<u>Applied Anatomy and Physiology</u> Neuromuscular System	<u>Sports Psychology</u> Personality, attitudes, arousal, aggression, motivation, group dynamics, social facilitation, goal setting			
	<u>Work towards NEA – practical evidence and assessment and written performance analysis</u>						
Year 13	<u>Skill Acquisition</u> Memory Models Efficiency of information processing		<u>Sports Psychology</u> Attribution Theory Self-efficacy and confidence Leadership Stress Management		<u>Sport and Society and the role of technology</u> Concepts of physical activity and sport Development of elite performers in sport Ethics in sport Violence in sport Drugs in sport Sport and the law Impact of commercialisation The role of technology		<u>Revision</u>
	<u>Exercise Physiology</u> Diet and nutrition and their effect on physical performance Preparation and training methods Injury prevention and rehabilitation of injury			<u>Biomechanical Movement</u> Biomechanical principles Levers Linear motion Angular motion Projectile motion Fluid mechanics			
	<u>Applied Anatomy and Physiology</u> Energy systems						
	<u>Work towards NEA – practical evidence and assessment and written performance analysis.</u> <u>Working towards final submissions (practical and performance analysis), internal and external moderation of work.</u>						