

Term → Year ↓	Term1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
Y12 A Level PE	<p><b>Unit 1:</b> <u>Muscular-skeletal and neuro-muscular systems</u></p> <p><b>Unit 2:</b> <u>Stages of learning; classification of skills; practice types</u></p> <p><b>Unit 3:</b> <u>Pre-industrial Britain</u></p>	<p><b>Unit 1:</b> <u>Diet and nutrition; ergogenic aids and effect on performance</u></p> <p><b>Unit 2:</b> <u>Feedback, types of guidance; types of skills</u></p> <p><b>Unit 3:</b> <u>Post-industrial Britain</u></p>	<p><b>Unit 1:</b> <u>Cardiovascular and respiratory systems</u></p> <p><b>Unit 2:</b> <u>Theories of learning; memory models; attitudes;</u></p> <p><b>Unit 3:</b> <u>20<sup>th</sup> Century Sport</u></p>	<p><b>Unit 1:</b> <u>Biomechanics principles; levels; the use of technology</u></p> <p><b>Unit 2:</b> <u>Personality; social facilitation</u></p> <p><b>Unit 3:</b> <u>21<sup>st</sup> Century Sport</u></p>	<p><b>Unit 1:</b> <u>Injury prevention</u></p> <p><b>Unit 2:</b> <u>Types of motivation; arousal theories; aggression theories</u></p> <p><b>Unit 3:</b> <u>Global Sporting Events</u></p>	<p><b>Unit 1:</b> <u>Exam technique</u> <u>Revision</u> <u>PPE Reviews</u></p> <p><b>Unit 2:</b> <u>Anxiety; stress management</u></p> <p><b>Unit 3:</b> <u>Global Sporting Events</u> <u>Commercialisation and the media</u></p>
Y13 A Level PE	<p><b>Unit 1:</b> <u>Energy for exercise; ATP, Energy transfer; energy systems; Resynthesis and recovery</u></p> <p><b>Unit 2:</b> <u>Goal setting; groups and teams; attributions</u></p> <p><b>Unit 3:</b> <u>Ethics and deviance in sport</u> <u>Commercialisation and the media</u></p>	<p><b>Unit 1:</b> <u>Linear motion, angular motion, fluid mechanics and projectile motion</u></p> <p><b>Unit 2:</b> <u>Sport confidence/ self-efficacy; leadership</u></p> <p><b>Unit 3:</b> <u>Modern technology in sport; routes to sporting excellence in the UK</u></p>	<p><b>Unit 1:</b> <u>Environmental effects: altitude and heat</u></p> <p><b>Unit 2:</b> <u>Revision/ EAPI</u></p> <p><b>Unit 3:</b> <u>Revision/ EAPI</u></p> <p><b>Unit 4:</b> <u>EAPI</u></p>	<p><b>Unit 1:</b> <u>Revision/ EAPI</u></p> <p><b>Unit 2:</b> <u>Revision/ EAPI</u></p> <p><b>Unit 3:</b> <u>Revision/ EAPI</u></p> <p><b>Unit 4:</b> <u>EAPI</u></p>	<p><b>Unit 1:</b> <u>Revision</u></p> <p><b>Unit 2:</b> <u>Revision</u></p> <p><b>Unit 3:</b> <u>Revision</u></p>	