Year: 12
Subject: Physical Education

Term	Week	Focus	Summary	Learning Outcomes	Learning skills
Term 1.1	1	Applied Anatomy and Physiology **Skill Acquisition** *Sport and Society*	Health and Fitness **Skill, skill continuums and transfer of skills** *Emergence of globalisation of sport in the 21st century* *Pre-industrial (pre-1780)*	Understanding of the impact of physical activity and sport on the health and fitness of the individual. **Characteristics of a skill / Use of skill continua / Justification of skill placement on each of the continua** *Life in pre-Industrial Britain* *Characteristics of popular recreation* *Mob Football*	*Critical Thinking analyse the life in pre-industrial Britain, identify key issues, and propose possible impact on sport.* *Collaborative learning- group research - impact of nutrition on athletic performance or the benefits of cross-training*
	2	Applied Anatomy and Physiology **Skill Acquisition** *Sport and Society*	Health and Fitness **Skill, skill continuums and transfer of skills** *Emergence of globalisation of sport in the 21st century* *Pre-industrial (pre-1780)*	Understanding of the impact of physical activity and sport on the health and fitness of the individual. **Transfer of learning / Understanding of how transfer of learning impacts on skill development.** *Mob football and Real Tennis*	*Critical Thinking analyse the life in pre-industrial Britain, identify key issues, and propose possible impact on sport.* *Collaborative learning- group research - impact of nutrition on athletic performance or the benefits of cross-training*
	3	Applied Anatomy and Physiology **Skill Acquisition** *Sport and Society*	Health and Fitness I**mpact of skill classification on structure of practice for learning** *Emergence of globalisation of sport in the 21st century* *Pre-industrial (pre-1780)*	The hormonal, neural and chemical regulation of responses during physical activity and sport **Methods of presenting practice** *Athletics as a popular recreation in pre-industrial Britain*	*Collaborative learning – case study on the Wenlock Games identify the issues and impacts* *Critical Thinking – data analysis on the functions of the neuro-muscular system.*
	4	Applied Anatomy and Physiology **Skill Acquisition** *Sport and Society*	Health and Fitness **Impact of skill classification on structure of practice for learning** *Industrial and post-industrial (1780–1900)*	The hormonal, neural and chemical regulation of responses during physical activity and sport **Types of practice** *The Wenlock Olympian Games*	*Collaborative learning – case study on the Wenlock Games identify the issues and impacts* *Critical Thinking – data analysis on the functions of the neuro-muscular system.*

	5	Applied Anatomy and Physiology **Skill Acquisition** *Sport and Society*	Hormones **Impact of skill classification on structure of practice for learning** *Industrial and post-industrial (1780–1900)*	Receptors involved in regulation of responses during physical activity. **Understanding how knowledge of skill classification informs practice structure (presentation and type) to allow learning/development of skills.** *The development of rational recreation*	*Collaborative learning – group debate - justify why you would place specific skills on certain parts of each skill continuum.*
	6	Applied Anatomy and Physiology **Skill Acquisition** *Sport and Society*	Hormones **Principles and theories of learning and performance** *Industrial and post-industrial (1780–1900)*	Receptors involved in regulation of responses during physical activity. **Stages of learning and how feedback differs between the different stages of learning – Cognitive, associative and autonomous** *Industrial revolution*	*Collaborative learning – group debate - justify why you would place specific skills on certain parts of each skill continuum.*
	7	Applied Anatomy and Physiology **Skill Acquisition** *Sport and Society*	Cardio Vascular System **Principles and theories of learning and performance** *Industrial and post-industrial (1780–1900)*	Transportation of oxygen **Learning plateau – Causes and solutions** *Urbanisation*	*Collaborative learning -design a comprehensive fitness program to develop the function of the CV system* *Peer coach – the impact of the learning plateus on performance*.

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Term	Week	Focus	Summary	Learning Outcomes	Learning skills
Term 1.2	1	Applied Anatomy and Physiology **Skill Acquistion** *Sport and Society*	Cardio Vascular System **Principles and theories of learning and performance** *Industrial and post-industrial (1780–1900)*	Venus return **Cognitive theories – Insight learning** *Urbanisation*	*Collaborative learning -design a comprehensive fitness program to develop the function of the CV system* *Peer coach – the impact of the learning plateus on performance*
	2	Applied Anatomy and Physiology **Skill Acquistion** *Sport and Society*	Cardio Vascular System **Principles and theories of learning and performance** *Industrial and post-industrial (1780–1900)*	Starlings law of the heart **Behaviorism – Operant conditioning (Skinner)** *Transport and Communication*	*Critical thinking – debate on why the three tier society was unjust or the positives that it created more participation opportunities and codified sport?*
	3	Applied Anatomy and Physiology **Skill Acquistion** *Sport and Society*	Cardio Vascular System **Principles and theories of learning and performance** *Industrial and post-industrial (1780–1900)*	Starlings law of the heart **Social learning – Observational learning (Bandura)** *Transport and Communication*	*Critical thinking – debate on why the three tier society was unjust or the positives that it created more participation opportunities and codified sport?*
	4	Applied Anatomy and Physiology **Skill Acquistion** *Sport and Society*	Cardio Vascular System **Principles and theories of learning and performance** *Industrial and post-industrial (1780–1900)*	Cardiovascular drift **Constructivism – Social Development Theory (Vygotsky)** *The British Empire*	*Collaborative learning -design a comprehensive fitness program to develop the function of the CV system* *Peer coach – the impact the British Empire promoted sport, codified and developed society.*
	5	Applied Anatomy and Physiology **Skill Acquistion** *Sport and Society*	Cardio Vascular System **Principles and theories of learning and performance** *Industrial and post-industrial (1780–1900)*	Cardiovascular drift **Constructivism – Social Development Theory (Vygotsky)** *The British Empire*	*Collaborative learning – case study on the British Empire identify the issues and impacts* *Critical Thinking – data analysis on the functions of the CV system.*

	6	Applied Anatomy and Physiology **Skill Acquistion** *Sport and Society*	Cardio Vascular System **Principles and theories of learning and performance** *Industrial and post-industrial (1780–1900)*	Arterio-venous oxygen difference (A-VO_2 diff) **Understanding of how theories of learning impact on skill development.** *Provision through factories / Churches and local authorities*	*Collaborative learning – case study on the British Empire identify the issues and impacts* *Critical Thinking – data analysis on the functions of the CV system.*
		Applied Anatomy and Physiology **Skill Acquistion***Sport and Society*	Cardio Vascular System**Principles and theories of learning and performance***Industrial and post-industrial (1780–1900)*	Arterio-venous oxygen difference (A-VO_2 diff)**Understanding of how theories of learning impact on skill development.***Public schools and universities / Three tier class system*	*Collaborative learning – case study on the British Empire identify the issues and impacts* *Critical Thinking – data analysis on the functions of the CV system.*