KS5 Curriculum Overview: **A-Level**

	Autumn Term	Spring Term	Summer Term
Year 12	**Curriculum:** Teacher 1: Anatomy & Physiology - Health/Fitness/Exercise. - The Cardiovascular system. - The Respiratory System.- The Muscular System. Teacher 2: Skill Acquisition - Skill. - Methods/Stages of Learning. - Theories of Learning. Sport & Society - Pre/Post-industrial sport and society. - Sports provision across the ages. - The class system. - Golden Triangle	**Curriculum:** Teacher 1: Biomechanics - Principles of training. - The training cycle. - Methods of training. Diet - Exercise related function of food. - The effects of supplements. - The impact of vitamins and minerals on performance. Teacher 2: Sport & Society - The emergence of elite performers. - Social and societal control. - Barriers to participation. Skill Acquisition - Aspects of personality, attitudes, arousal and anxiety	**Curriculum:** Teacher 1: Biomechanics - Newton's 3 Laws. - Levers. - Mechanical advantage. Teacher 2: Sport & Society - Sport England and NGBs. - The use of technology in sport. Skill Acquisition - Aggression, Motivation and social facilitation. - Steiner's model and the Ringelmann effect. SMART target setting.
	Formal Assessment*: Half term 1 Anatomy & Physiology - End of Topic Test Skill Acquisition - End of Topic Test Sport & Society - Long Answer Question Half term 2 Anatomy & Physiology - Long Answer Question Skill Acquisition - Long Answer Question Sport & Society - End of Topic Test	**Formal Assessment*:** Half term 3 Mock Exam Half Term 4 Biomechanics - End of Topic Test Diet - Long Answer Question Sport & Society - Long Answer Question Skill Acquisition - End of Topic Test	**Formal Assessment*:** Year 12 Mock exam
Year 13	**Curriculum:** Teacher 1: Physiology - The Energy Systems. Psychology - Information Processing. - Baddeley & Hitch and Whiting's IP model. Response Time. - Schmidt's Schema Theory. Teacher 2: Socio-Cultural - Sports Development. - The role of talent ID and performance pathways. - The role of NGBs.	**Curriculum:** Teacher 1: Physiology - Impact of specialist training. - Types of injury and rehab. Biomechanics - Linear motion, Angular Motion. Fluid Mechanics. - Drag. Teacher 2: Psychology - Motivation. - Achievement Theory. - Attribution Process. - Self efficacy/confidence/esteem. (Bandura) Socio-Cultural - Professionalism in sport.	**Curriculum:** Teacher 1: Biomechanics - Application of Newton's Laws, The Bernoulli Principle. Teacher 2: Psychology - Home advantage. - Improving self-efficacy. Effective leadership. - Stress management techniques. Socio-Cultural - Development of equipment and facilities. - The role of technology for the coach

	Formal Assessment*: **Half term 1** Anatomy & Physiology - End of Topic Test Information Processing - Long Answer Question Sport & Society - Long Answer Question Half term 2 Exercise Physiology - Long Answer Question Information Processing - End of Top	**Formal Assessment*:** **Half term 3** Biomechanics - End of Topic Test Psychology - Long Answer Question Sport & Society - Long Answer Question **Half Term 4** Biomechanics - End of Topic Test Diet - Long Answer Question Sport & Society - Long Answer Question Sport & Technology - Long Answer Question	**Formal Assessment*:** Year 13 exam and exam prep

**At CamSF, assessment happens at many levels and is perhaps most important when teachers assess what students have learned and remembered within the classroom. Timely feedback is so important in enabling progress and knowledge retention.*