A Level Physical Education

Exam Board: AQA

Specification: 7582

https://www.aqa.org.uk/subjects/physical-education/a-level/physical-education-7582/specification

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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 12 Physiology	3.1.1.1 Cardio-respiratory system 3.1.1.2 Cardiovascular system	Physio Test - 3.1.1.2 - CV SYSTEM – Mid-Oct 3.1.1.3 Respiratory system	Y12 Formal Assessment – 60 marks – Mid -Jan 3.1.1.4 Neuromuscular system (Book1)	3.1.1.5 The musculo-skeletal system and analysis of movement in physical activities	Y12 Exams – 75 marks. Mid-April 3.1.1.6 Energy systems	Written NEA (2 weeks) 3.1.1.6 Energy systems continued
Year 12 Psychology	T1 - 3.1.2.1 Skill, skill continuums and transfer of skills 3.1.2.2 Impact of skill classification on structure or practice for learning	3.1.2.3 Principles and theories of learning and performance Psychology Test - 3.1.2.1 - 3.1.2.3 – Early Nov 3.1.2.4 Use of guidance and Feedback 1	Y12 Formal Assessment – 60 marks – Mid -Jan 3.1.2.5.1 General information processing model	3.1.2.5 Memory models	Y12 Exams – 75 marks. Mid-April 3.2.3.1.1 Aspects of personality	Written NEA (2 weeks) 3.2.3.1.2 Attitudes 3.2.3.1.3 Arousal
Year 12 Sociology	3.1.3.1 Emergence of globalization of sport in the 21st century 3.1.3.1.1 Preindustrial (pre1780)	3.1.3.1.2 Industrial and post-industrial (1780-1900) Socio Test - 3.1.3 Sport and society. End Oct	Y12 Formal Assessment – 60 marks – Mid -Jan T3 - 3.1.3.1.3 Post World War II (1950 to present)	T3/4 - 3.1.3.2.1 Sociological theory applied to equal opportunities	Y12 Exams – 75 marks. Mid-April 3.2.4.1 Concepts of physical activity and sport	Written NEA (2 weeks) 3.2.4.2 Development of elite performers in sport

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Year 13 Physiology	3.2.1.1 Diet and nutrition and their effect on physical activity and performance 3.2.1.2 Preparation and training methods in relation to maintaining physical activity and performance 3.2.1.3 Injury prevention and rehabilitation of injury Physio Test. Mid-Oct	3.2.2.1 Biomechanical principles 3.2.2.2 Levers Paper 1 Revision	Paper 1 Mock Exam. Early Jan 3.2.2.3 Linear motion 3.2.2.4 Angular motion 3.2.2.5 Projectile motion 3.2.2.6 Fluid mechanics	Paper 2 Mock Exam – mid-March Revision	Revision	
Year 13 Psychology	3.2.3.1.4 Anxiety 3.2.3.1.5 Aggression 3.2.3.1.6 Motivation Psychology Test 4 – 3.2.3.1.1 - 3.2.3.1.6. Mid Oct	3.2.3.1.7 Achievement Motivation 3.2.3.1.8 Social facilitation 3.2.3.1.9 Group dynamics 3.2.3.1.10 Importance of goal setting Paper 1 Revision	Paper 1 Mock Exam. Early Jan 3.2.3.1.11 Attribution theory 3.2.3.1.12 Self efficacy and self confidence 3.2.3.1.13 Leadership	3.2.3.1.14 Stress management Paper 2 Mock Exam – mid-March Revision	Revision	
Year 13 Sociology	3.2.4.3 Ethics in Sport 3.2.4.4 Violence in sport Socio Test 4 - 3.2.4.1 to 3.2.4.3. Mid-Oct	3.2.4.5 Drugs in sport 3.2.4.6 Sport and the law Paper 1 Revision	Paper 1 Mock Exam. Early Jan 3.2.4.7 Impact of commercialisation on physical activity and sport 3.2.4.8 The role of technology in physical activity and sport	3.2.4.8 The role of technology in physical activity and sport (continued) Paper 2 Mock Exam – mid-March Revision	Revision	