

Time (term)	Unit Title	Description
12.1	Applied Anatomy & Physiology. Skill acquisition	Students will learn anatomical information about the skeletal, muscular, cardiovascular and respiratory systems and how it can be applied to sporting examples. Content from unit 2 means pupils will learn about the way in which we learn and acquire new skills and the methods associated with practice.
12.2		
12.3	Exercise Physiology. Skill acquisition	How to train and prepare for competition, diet, nutritional supplementation and physiological adaptation are all covered in the second unit for paper 1. In skill acquisition pupils move on to feedback and guidance and finish by learning about types of transfer and memory.
12.4		
12.5	Sport and society. Sport Psychology	We begin unit 3 by taking a look back through the historical developments of sport and activity in the UK as we transition from pre-industrial Britain to the 21st century. We finish by learning about global sporting events like the Olympics. Students also move on the second and final topic for unit 2, that of sport psychology and start by analysing personality and motivation before going to look at theories associated with arousal and anxiety.
12.6		
Time (term)	Unit Title	Description
13.1	Sport and society. Sport Psychology. NEA EAPI	Students complete this unit by analysing the causes, effects and solutions to deviant sporting behaviour such as gambling, violence and drug taking. They also complete the unit of sport psychology by looking at the stages of group development, team cohesion and leadership. Pupils now begin their NEA assessment on evaluating and improving performance.
13.2		
13.3	Anatomy & Physiology. NEA EAPI	We complete this unit by applying the principles of biomechanics to sport to understand how we can enhance performance. And through understanding our body's energy systems and production we learn how to prepare and recover from exercise.
13.4		
13.5	NEA assessment & Revision	Students now revise content, particularly areas of weakness and learn how to compose excellent answers to long answer, high mark synoptic questions. They also undertake their assessments for the NEA unit, whether live, or via filmed evidence.
13.6		