

A Level PE SOW

Year 12

	Ex Phys	Psychology	Socio-Cultural	EAPI + Practical
1	○ Skeletal and Muscular System	○ Individual differences –personality, Attitudes, motivation	○ Emergence and evolution of modern sport	○ Strength and Weak (Skill)
Ass	○ SM Test ○ SM 20 marker	○ Individual differences - test	○ Pre and post industrial unit test	○ Recording – Skill
2	○ Cardiovascular System ○ Respiratory System	○ Group and team dynamics in sport	○ Emergence and evolution of sport	○ Strength and Weak (Fitness)
Ass	○ CVR Test ○ CVR 20 marker	○ Group and team dynamics - test	○ 20 th and 21 st century sport unit test	○ Recording – Fitness
3	○ Environment ○ Diet	○ Goal setting in sports performance	○ Emergence and evolution of sport	○ Strength and Weak (Tactics)
Ass	○ E and D test ○ E and D 20 marker	○ Goal setting in sports performance - test	○ Modern sport test	○ Recording – Tactics
4	○ Fitness, Training ○ Revision- Y12 Exam	○ Attribution	○ Global sporting events	○ Strength and Weak (Overall)
Ass	○ Fitness Test	○ Attribution - test	○ The modern Olympic games unit test	○ Recording – S+W
5	○ Fitness, Training	○ Confidence and self-efficacy in sports performance - test	○ Contemporary issues	○ Action Plan (Justify)
Ass	○ Fitness 20 marker	○ Confidence - test	○ Ethics and deviance	○ Recording - Justification
6	○ Biomechanics	○ Leadership in sport	○ Contemporary issues	○ Action Plan (Theory Links)
Ass	○ Bio Test ○ Bio 20 marker	○ Leadership in sport - test	○ Ethics and deviance	○ Recording – All ○ Practical Evidence

Year 13

	Ex Phys	Psychology	Socio-Cultural	EAPI + Practical
1	○ Motion	○ Stress management	○ Contemporary Issues	○ Action Plan - Practices and CPs
Ass	○ Motion Test ○ Motion 20 marker	○ Stress management - test	○ Commercialisation and media unit test	○ Recording - Plan
2	○ Energy Systems ○ Revision -Y13 Exam	○ Individual differences - Arousal, anxiety, aggression	○ Contemporary issues	○ Whole EAPI
Ass	○ Energy Test ○ Energy 20 marker	○ Individual differences - test	○ Routes to sporting excellence unit test	○ Practice run ○ Log and evidence.
3	○ Injury ○ Health	○ Social facilitation	○ Contemporary issues	○ Revision
Ass	○ I and H Test ○ I and H 20 marker	○ Social facilitation - test	○ Modern technology unit test	○ EAPI final
4	○ Revision	○ Revision	○ Revision	
Ass	○ Past Exam Papers	○ Past exam papers	○ Past Exam Papers	○ Prac. Moderation
5	○ Revision	○ Revision	○ Revision	

Ass	<input type="radio"/> Past Exam Papers	<input type="radio"/> Past exam papers	<input type="radio"/> Past Exam Papers	
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