

Year Group	Year 12				
Term	1	2	3	4	5
Topic Title	The skeletal and Muscular systems and The emergence and Evolution of modern sport	The Cardiovascular and Respiratory systems and Global sporting events	Diet and Nutrition/Ethics and deviance in sport	Biomechanical principles/Routes to sporting excellence in the UK	Preparation and training methods/exam preparation
Rationale	Pupils will focus on developing, implementing and refining knowledge of bodily systems and sociocultural issues.	Pupils will focus on developing, implementing and refining knowledge of bodily systems and sociocultural issues.	Pupils will focus on developing, implementing and refining knowledge of bodily systems and sociocultural issues.	Pupils will focus on developing, implementing and refining knowledge of bodily systems and sociocultural issues.	Pupils will focus on developing, implementing and refining knowledge of bodily systems and sociocultural issues.
Prior knowledge	Pipils should build on knowledge gained from the study of GCSE PE, OCR and practical experience.	Pipils should build on knowledge gained from the study of GCSE PE, OCR and practical experience.	Pipils should build on knowledge gained from the study of GCSE PE, OCR and practical experience.	Pipils should build on knowledge gained from the study of GCSE PE, OCR and practical experience.	Pipils should build on knowledge gained from the study of GCSE PE, OCR and practical experience.
Key knowledge/skills development	Joints,muscles and movement patterns, planes of movement,roles of muscles and movement analysis.Understanding social and cultural factors shaped sport.	Key roles of the cardiovascular and respiratory systems at rest, during exercise and during recovery. The aims of the modern Olympics and political exploitation.	How diet nutrition and ergogenic aids affect the bodies ability to exercise. An understanding of drugs and doping in sport and reasons why elite performers use drugs Understand violence in sport and gambling.	Newton's laws of motion, force and the use of technology. Stability and lever systems. Development routes from talent identification through to elite performances.	Key fitness components and the role training plays to improve and maintain physical activity and performance.Periodisation, phases of training, the training year and affecting factors, evaluation methods, types of training and physiological adaptations.
National Curriculum/specification links	The work is from the OCR A level PE PoS	The work is from the OCR A level PE PoS	The work is from the OCR A level PE PoS	The work is from the OCR A level PE PoS	The work is from the OCR A level PE PoS
Literacy	Joint movement analysis, EPIP	EPIP, Key terms	EPIP, Key words	EPIP	EPIP
Numeracy	Dates, goniometry	Heart rate date, training zones	Percentages of healthy duet, calorie intake, BMR	Data from force plates	Quantitative and normative data
STEM	Science of the human body, levers, planes and axes	Heart rate monitors	Nutrition	Limb kinematics, wind tunnels, force plates, stability, levers	Video analysis, use of normative and quantitative data
Cross curricular links	Biology - The muscular system. History - The history of sport	Biology - Bodily systems and History - The olympic games	Biology -diet, Ethics in citizenship	Biomechanics - Physics and mathematical calculations and routes into sporting excellence -English/citizen ship	Biology - Heart rates, physiological adaptations to training. Mathematics - measurement/time
Key vocabulary	Muscle names and joints, muscle fibre types and types of contraction. eg Deltoid, Vastus lateralis, Iliopsoas and fast glycolytic.	Cardiovascular and respiratory system key words - atria, ventricles, bicuspid valve, diaphragm, intercostals etc Olympics - shop window effect, appeasement	Key diet words such as carbohydrates, protein, fats, nutritional aids, metabolic equivalent tasks. Deviance - etiquette, gamesmanship.	Centre of mass, line of gravity, linear motion, angular and general motion. Limb kinematics and wind tunnels. The world classs programme, elite, mass participation.	Aerobic capacity, strength, flexibility, dynamic, static, hypertrophy, periodisation, specificity, progression and variance.

Year Group	Year 12				
Term	1	2	3	4	5
Topic Title	Energy for Exercise/commercialisation and the media	Recovery, altitude and heat	Injury prevention and the rehabilitation of injury/Technology in sport	Biomechanics	Exam preparation/Revision of topics
Rationale	Pupils will focus on developing, implementing and refining knowledge from year 12 and study exercise physiology, sports injuries and Biomechanics.	Pupils will focus on developing, implementing and refining knowledge from year 12 and study exercise physiology, sports injuries and Biomechanics.	Pupils will focus on developing, implementing and refining knowledge from year 12 and study exercise physiology, sports injuries and Biomechanics.	Pupils will focus on developing, implementing and refining knowledge from year 12 and study exercise physiology, sports injuries and Biomechanics.	Pupils will focus on developing, implementing and refining knowledge from year 12 and study exercise physiology, sports injuries and Biomechanics.
Prior knowledge	Pupils should build on and embed the knowledge gained at OCR/GCSE and in Y12. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefit of physical activity, each candidate will be assessed in one practical activity.	Pupils should build on and embed the knowledge gained at OCR/GCSE and in Y12. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefit of physical activity, each candidate will be assessed in one practical activity.	Pupils should build on and embed the knowledge gained at OCR/GCSE and in Y12. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefit of physical activity, each candidate will be assessed in one practical activity.	Pupils should build on and embed the knowledge gained at OCR/GCSE and in Y12. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefit of physical activity, each candidate will be assessed in one practical activity.	Pupils should build on and embed the knowledge gained at OCR/GCSE and in Y12. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefit of physical activity, each candidate will be assessed in one practical activity.
Key knowledge/skills development	The role of Adenosine triphosphate and its resynthesis during exercise of different intensities and durations through 3 energy systems. Understand the factors leading to the commercialisation of contemporary physical activity and sport.	The role of recovery plays in returning the body to its pre exercise state and how different environmental conditions affect performance.	Acute and chronic injuries during physical activity and sport, injury prevention strategies and rehabilitation of sports injuries. The extent to which modern technology has affected elite level sport and general participation in sport.	Linear and angular motion and how it is created and measured, key descriptors of motion, understanding graphs, axes of rotation, moments of inertia, conservation of angular momentum, fluid mechanics and projectile motion.	Revision of all key areas and exam preparation.
National Curriculum/specification links	The work is from the OCR A level PE PoS	The work is from the OCR A level PE PoS	The work is from the OCR A level PE PoS	The work is from the OCR A level PE PoS	The work is from the OCR A level PE PoS
Literacy	EPIP and key energy terms	EPIP	EPIP	Key biomechanical terms and EPIP	EPIP
Numeracy	Percentages of energy systems, continuum	Percentages	Injury data	Use of formula	formula, measurement, timing
STEM	Biology	The effects of the environment on the body	Tecnology in sport	Biomechanics, linear motion, angular motion, moment of inertia	
Cross curricular links	Biology - energy systems, Media studies and English - The media.	Biology - various biological systems	Biology - The body, muscles, recovery. Technology - textiles and science - materials and modern technological developments.	Physics	All
Key vocabulary	ATP, PFK, LDH, aerobic and anaerobic glycolysis. Krebs cycle and Electron transfer chain. Commercialisation - sponsorship and the golden triangle.	The alactic and lactacid phases of recovery and EPOC.	Acute and chronic injuries.	All key biomechanics terms - inertia, momentum, angular motion.	All key words.