

| Half term | Scheme of work | Unit summary | Skills & content covered | Skills & content revisited | Summary of formative marking, feedback and student response | Summative assessment schedule, including assessment criteria |
|-----------|--|---|--|---|---|---|
| Autumn 1 | Y12 A level PE Curriculum Overview | Anatomy and Physiology 1 | Introduction to Skill Acquisition Introduction to Biomechanical Principles Muscular and Skeletal systems | Regular informal quizzing in class of content previously studied. Content linked to GCSE: Muscular and skeletal systems, Skill classification | PE Feedback Policy 2023-24 | Skill classification topic test Muscular and skeletal topic test |
| Autumn 2 | | Anatomy and Physiology 2 | Biomechanics 2 Cardiovascular system Respiratory system | Regular informal quizzing in class of content previously studied. Content linked to GCSE: Cardiovascular and respiratory systems, Lever systems | | Biomechanics topic test 1 Biomechanics topic test 2 Cardiovascular and Respiratory systems topic test |
| Spring 1 | | Skill Acquisition Training methods 1 | Learning skills Guidance and Feedback Types of training Injury prevention | Regular informal quizzing in class of content previously studied. Content linked to GCSE: Guidance and Feedback | | Skill acquisition test |
| Spring 2 | | Sport Psychology 1 Exercise Physiology 1 | Individual differences Memory models Energy systems | Regular informal quizzing in class of content previously studied. | | Sport Psychology topic test 1 |
| Summer 1 | | Sport Psychology 2 Exercise Physiology 2 | Group dynamics Goal setting Leadership and Confidence in sport Recovery processes Exercise in the heat and at altitude | Regular informal quizzing in class of content previously studied. Content linked to GCSE: Goal setting | | Energy systems topic test Sport Psychology topic test 2 |
| Summer 2 | | Exam technique Revision of Y12 content | Revision of Y12 content | All content covered in Y12 | | End of Y12 mock exam (Paper 1 and Paper 2) |