

# Saffron Walden County High School Curriculum

## CURRICULUM SUMMARY



SAFFRON WALDEN  
COUNTY HIGH SCHOOL

Year 12		AUTUMN TERM		SPRING TERM		SUMMER TERM	
		TERM 1A	TERM 1B	TERM 2A	TERM 2B	TERM 3A	TERM 3B
Physical Education	KNOWLEDGE DOMAIN	<p>Skill Acquisition</p> <p><b>Skill Characteristics and their impact on transfer and practice</b></p> <ul style="list-style-type: none"> <li>• Characteristics of skill</li> <li>• Transfer of learning</li> <li>• Practice of learning</li> <li>• Stages of Learning</li> <li>• Purposes and Types of Feedback</li> <li>• Learning Plateaus</li> </ul> <p><b>Sport and society</b></p> <ul style="list-style-type: none"> <li>• Pre-industrial Britain</li> <li>• Popular recreation</li> <li>• Rational Recreation</li> <li>• Urbanisation</li> <li>• Travel</li> <li>• Communications</li> <li>• NGB's</li> <li>• Emergence of women in sport</li> </ul> <p><b>Exercise Physiology</b></p> <ul style="list-style-type: none"> <li>• Fitness Testing</li> <li>• Warm ups and Cool Downs</li> <li>• Principles of training</li> <li>• Periodisation</li> </ul>	<p>Skill Acquisition</p> <p><b>Principles and theories of learning and performance</b></p> <ul style="list-style-type: none"> <li>• Methods of guidance</li> <li>• Theories of learning</li> <li>• Operant Conditioning</li> <li>• Observational learning</li> <li>• Social Development Theory</li> <li>• Insight Learning</li> </ul> <p><b>Sport and society</b></p> <ul style="list-style-type: none"> <li>• Comercialisation</li> <li>• Media</li> <li>• Sponsorship</li> </ul> <p><b>Exercise Physiology</b></p> <ul style="list-style-type: none"> <li>• Methods of training</li> <li>• Balanced Diet</li> <li>• Dietary Supplements</li> </ul>	<p>Sport Psychology</p> <p><b>Psychological influences on the individual</b></p> <ul style="list-style-type: none"> <li>• Personality</li> <li>• Attitude formation</li> <li>• Arousal in sport</li> </ul> <p><b>Sport and society</b></p> <ul style="list-style-type: none"> <li>• Sociology of sport</li> <li>• Socialisation</li> <li>• Stratification Social class</li> </ul> <p><b>Applied Anatomy &amp; Physiology</b></p> <ul style="list-style-type: none"> <li>• The Cardiovascular System</li> <li>• The Respiratory System</li> </ul>	<p>Sport Psychology</p> <p><b>Further Psychological effects on the individual</b></p> <ul style="list-style-type: none"> <li>• Anxiety in sport</li> <li>• Anxiety Measures</li> <li>• Aggression in sport and theories.</li> <li>• Motivation</li> </ul> <p><b>Sports and society</b></p> <ul style="list-style-type: none"> <li>• Raising participation</li> <li>• Barriers to participation</li> <li>• Disability</li> <li>• Gender</li> <li>• Ethnic groups</li> <li>• Women in sport</li> </ul> <p><b>Applied Anatomy &amp; Physiology</b></p> <ul style="list-style-type: none"> <li>• The neuromuscular System</li> </ul> <p>The musculoskeletal system and analysis of movement</p>	<p>Sport Psychology</p> <p><b>Psychological Influences on the team</b></p> <ul style="list-style-type: none"> <li>• Social facilitation and inhibition</li> <li>• Group Dynamics</li> <li>• Cohesion in sport</li> <li>• Goal setting</li> </ul> <p><b>Sports and Society</b></p> <ul style="list-style-type: none"> <li>• Continued barriers to participation</li> <li>• Sport england – local partners</li> <li>• National partners</li> <li>• County sport partnerships</li> <li>• Technology in sport</li> </ul> <p><b>Biomechanical principles and levers</b></p> <ul style="list-style-type: none"> <li>• Newtons laws of linear motion</li> <li>• Measurements in linear motion</li> <li>• Centre of mass</li> </ul> <p>Levers</p>	<p>Recap, Revision and Testing of Year 12 work</p>