	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
12	**Topics:** Muscular-Skeletal system Energy systems for exercise Recovery from exercise Skill acquisition Skill continuums; stages of learning; Practice methods; Guidance types Transfer; Feedback; Learning theories Emergence & Evolution of modern sport Modern Global events		**Topics:** Cardiovascular System Respiratory System Aerobic capacity Preparation for Training Methods Strength Memory Sport Psychology Leadership Groups Ethics & Deviance in Sport - Drugs, violence & gambling Synoptic links and Synoptic extended answer questions		**Topics:** Ergogenic aids Exercise at altitude and in the heat Flexibility Attribution Goal Setting Self-efficacy Stress Media & Commercialisation	
13	**Topics:** Exercise at altitude and in the heat Biomechanics – N1, N2, N3 Velocity, Momentum, Acceleration, Force Free Body Diagrams Principles of Training Periodisation Injuries – Prevention & Rehabilitation Attitudes; Personality Anxiety; Aggression Motivation & Arousal Audience effects Routes to Sporting Excellence Modern technology in Sport EAPI		**Topics:** Biomechanics Linear Motion Re-Teach Muscular-Skeletal & CV systems Angular Motion Re-Teach Diet & Nutrition – effect on physical activity Biomechanics Technology Projectile – forces & paths Bernoulli Principle Spin EAPI Practical videos & Performer logs March deadline for practical assessments		**Topics:** Biomechanics Levers	