	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
2	Topics:		Topics:		Topics:	
_	Muscular-Skeletal system		Cardiovascular System		Ergogenic aids	
	Energy systems for exercise		Respiratory System		Exercise at altitude and in the heat	
	Recovery from exercise		Aerobic capacity		Flexibility	
	Skill acquisition		Preparation for Training Methods		Attribution	
	Skill continuums; stages of learning;		Strength		Goal Setting	
	Practice methods; Guidance types		Memory		Self-efficacy	
	Transfer; Feedback;		Sport Psychology		Stress	
	Learning theories		Leadership		Media & Commercialisation	
	Emergence & Evolution of modern sport		Groups			
	Modern Global events		Ethics & Deviance in Sport -			
			Drugs, violence & gambling			
			Synoptic links and Synoptic extended an	nswer questions		
3	Topics:		Topics:		Topics:	
	Exercise at altitude and in the heat		Biomechanics		Biomechanics	
	Biomechanics – N1, N2, N3		Linear Motion		Levers	
	Velocity, Momentum, Acceleration, Force		Re-Teach Muscular-Skeletal & CV system	ms		
	Free Body Diagrams		Angular Motion			
	Principles of Training		Re-Teach			
	Periodisation		Diet & Nutrition – effect on physical act	tivity		
	Injuries – Prevention & Rehabilitation		Biomechanics			
	Attitudes; Personality		Technology			
	Anxiety; Aggression		Projectile – forces & paths			
	Motivation & Arousal		Bernoulli Principle			
	Audience effects		Spin			
	Routes to Sporting Excellence		EAPI			
	Modern technology in Sport		Practical videos & Performer logs			
	EAPI		31st March deadline for practical assessn	nents		