



LEADING LEARNING TOGETHER

COMMITMENT, OPPORTUNITY, DISCIPLINE AND EXCELLENCE

A Level Sport Curriculum Overview - Academic Year 2025-2026

| Year | Term 1 | Term 2 | Term 3 | Term 4 | Term 5 | Term 6 |
|-----------|---|---|---|---|--|--|
| 12 | <p>Musculo Skeletal Cardiovascular System</p> <p>Skill Principles & theories of learning</p> <p>Pre industrial</p> | <p>Cardiovascular system Respiratory System</p> <p>Principle theories of learning Guidance & Feedback</p> <p>Industrial and post industrial</p> | <p>Respiratory system Neuromuscular System</p> <p>Motivation Goal setting Anxiety</p> <p>Post WWII</p> | <p>Energy Systems</p> <p>Arousal Attitudes</p> <p>Post WII</p> | <p>Energy Systems</p> <p>Personality</p> <p>Sociological theory applied to equal opportunities</p> | <p>Coursework Social facilitation Groups</p> <p>Sociological theory applied to equal opportunities</p> |
| 13 | <p>Diet and Nutrition Principles and methods of training</p> <p>Information processing</p> <p>Concepts of physical activity and sport Development of elite performers</p> | <p>Biomechanics Terminology, linear and angular topics</p> <p>Achievement motivation Attribution theory Ethics in sport Violence in sport</p> | <p>Coursework</p> <p>Self-efficacy Confidence Stress management</p> <p>Drugs in sport Sport and the law</p> | <p>Injury prevention and rehab</p> <p>Leadership Impact of commercialisation The role of technology</p> | <p>Revision</p> | |

NOTE: The timings may vary due to the needs of individual students and classes but it is envisaged that all classes will cover the curriculum above.