**Countdown Plan Year 13 – 2022:**

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| **Subject:** | Physical Education |
| **Examination adaptations for this year:** | [file://cca05/staff/hawlisst/Downloads/H555%20A%20Level%20Physical%20Education%20Advance%20Information\_Jun2022%20(2).pdf](file://cca05/staff/hawlisst/Downloads/H555%20A%20Level%20Physical%20Education%20Advance%20Information_Jun2022%20%282%29.pdf) |

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|  **Lesson Countdown** |
| **Week beginning:** | **Lesson; HAK** | **Lesson; BAR/TMS** | **Lesson; SWN** |
| 28/02/22 | Wed 1,2,& 3 EAPI PrepFri 5 &6; Projectile motion & links to free body diagrams | Leadership in Sport (AI) |
| 07/03/22 | Wed1,2 & 3;EAPI filming – for NEA.Fri 5 &6; EAPI( if needed) Injury prevention and rehabilitation. | Stress management techniques |
| 14/03/22 | Mock exams |
| 21/03/22 | Mock exams; PE lessons will be as normal this week; reflection on mock papers and EAPI filming. |
| 28/03/22 | Wed 3; Injury prevention and rehabilitation.Fri 5 & 6; Injury prevention and rehabilitation. |  Wed 1 & 2Methods of evaluating flexibility: sit and reach test, goniometerTypes of flexibility: static flexibility (active and passive), dynamic flexibility | Assessment on attribution theory/confidence and self-efficacy/leadership (All AI) |
| 04/04/22 | Wed 3 /Fri 5 Emergence and evolution of modern sport.Friday 6; Biomechanical principles | Wed 1 & 2Factors that affect flexibility: type of joint, length of surrounding connective tissue, age, genderTraining used to develop flexibility: passive stretching | Review of previously taught content:Principles and theories of learning movement skills |
| 11/04/22 | Easter Holiday |
| 18/04/22 | Easter Holiday |
| 25/04/22 | Wed 3; Global sporting eventsFri 5 & 6; Biomechanical principles | Wed 1 & 2Training used to develop flexibility: Proprioceptive neuromuscular facilitation (PNF), static stretching, Dynamic stretching | Guidance/feedback and memory models |
| 02/05/22 | Wed 3; Emergence and evolution of modern sport.Fri 5 & 6; Biomechanical principles | Wed 1 & 2Training used to develop flexibility: ballistic stretching, isometric stretching, Physiological adaptations from flexibility training: muscle and connective tissues | Individual differences:personality/motivation/arousal |
| 09/05/22 | Wed 3; Global sporting eventsFri 5 & 6; Linear/angular motion | **TMS Wed1**; Movement patterns at different joints, eg, knee, hip, shoulder etc, key muscles, antagonistic pairs; Practice examples**BAR Wed2;** ATP resynthesis, how intensity and duration of exercise influence which energy system is predominantly used to resynthesise ATP | Group and team dynamicsAttribution – Weiner's model |
| 16/05/22 | Wed 3; Ethics & deviance; drugs in sport.Fri 5 & 6 Ergogenic Aids | **TMS Wed 1**; CV at rest and during exercise. Key figures, equations and responses to exercise**BAR Wed 2;** Evaluating strength testing. Training for strength, including adaptations and factors affecting | Confidence and self-efficacy in sports performance |
| 23/5/22 | Wed 3; Ques recap on all advanced content for HAK physiology.Fri 5 & 6 Modern technology in sport; Elite performance & General Participation. | **TMS Wed 1**; Respiratory system at rest and exercise. Key figures, equations and responses to exercise**BAR Wed2;** Evaluating flexibility testing. Training for flexibility, including adaptations and factors affecting | Leadership in sport. |
| Thurs 26/5/22 **Paper 1 Physiological Factors** |
| 30/5/22 | Half term Holiday |
| 6/6/22 | Wed 1/2; Full 60 mark Socio Mock PaperFri 5/6; Mock Analysis |  | Wed 3/4;Practise papers/Full past paper. |
|  Friday 10/6/22 **Paper 2 Psychological Factors** |
| 13/6/22 | Wed 1/2/3/4 & Fri 5/6; Exam Ques on all advanced content. |  |  |
| Tues 21/6/22 **Paper 3 Socio-cultural Issues** |