

Name: _____ Minimum Target Grade: _____

Predicted Grade Dec/Jan: _____

Predicted Grade March: _____

Predicted Grade May: _____

Students on the A level course are expected to fulfil the practical aspect of assessment away from Budmouth but with our support.



You will need to film all activities demonstrating your performance to the highest possible standard.

Assessment Points	01 Physiological Factors (JEG)		02 Psychological Factors (PLP)		03 Socio-cultural Issues (SM)	
	%	Grade	%	Grade	%	Grade
1 Sept						
2 Oct						
3 Dec						
4 Feb						
5 March						
6 May Final Mock						

Term	1 Sept-Oct	2 Oct-Dec	3 Jan-Feb	4 Feb-April	5 April-May	6 June-July
Physiological factors affecting performance	Skeletal and Muscular systems	Cardiovascular and respiratory System	Diet/Nutrition and preparation for Training	Biomechanical Principles	Insight into Energy for Exercise (A2)	Revision activities and exam technique
Psychological factors affecting performance	Classification and methods of practice of skills	Transfer of Skills / Theories of learning	Stages of learning, guidance and feedback	Individual differences	Group and team dynamics / goal setting	Re-cap / application of knowledge
Socio-cultural issues in sport	Emergence and evolution of modern sport	Emergence and evolution of modern sport	Emergence and evolution of modern sport	Global Sporting events	EAPI development	EAPI development
Assessment outline	All 3 areas to fulfil tracking assessments minimum 15 marks to inform yr 12 data drop1.	PPQ's. Musculoskeletal, skill continua and pre/post industrial sport.	Tracking tests completed. Minimum of 20 marks per area.	PPQ's. Levers/Planes, Guidance/Ind. Diff's and olympic case studies.	End of Year Exams.	EAPI peer assessments completed.

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Physiological factors affecting performance	Continuing - Energy for Exercise Environmental effects on the body system.	Injury prevention and the rehabilitation of injury.	Review of biomechanical principles & types of motion.	Fluid mechanics and projectile motion	20-mark question response prep Targeted revision from mock paper	Revision activities and exam technique
Psychological factors affecting performance	Memory models / Attribution	Confidence and self-efficacy in sport	Leadership in sport	Stress management to optimise performance	Revision / Exam	Revision / Exam
Socio-cultural issues in sport	Ethics and deviance in Sport	Commercialisation and media.	Routes to sporting excellence	Modern technology & its impact on Sport (Moderation Window)	Revision/Exam	Revision/Exam
Assessment outline	PPQ's. Energy systems, Memory and violences/drugs.	Mock exams. EAPI assessments.	PPQ's. Angles of motion, types of leaders, pathways to elite sport.	Mock exams. 31 March submit all coursework.	PPQ's support.	

