AQA 2020 AS Specification Scheme of Work – three teachers – 1½ - 1¾ hour lessons

Week	Physiology	Psychology	Socio-cultural
1	Health (heart disease, high blood pressure, effects of cholesterol, stroke). Fitness (cardiac output – trained and untrained individuals, maximal and sub- maximal exercise)	Characteristics of skill	Pre-industrial sport – characteristics and impact - rural, local, two-tier class system.
2	Sympathetic and parasympathetic control of heart rate; Anticipatory rise; Role of carbon dioxide; Chemoreceptors, proprioceptors, baroreceptors	Skill continua	Limited to mob football, real tennis and Much Wenlock Olympic Games
3	Cardiac conduction system	Transfer of learning	Popular and rational recreation linked to two-class system
4	Starling's law of the heart. Cardiovascular drift.	Understanding how transfer of learning impacts on skill development	Industrial and post industrial sport - Industrial Revolution; Urbanisation
5	Arterio-venous oxygen difference (A-VO2 diff).	Methods of presenting practice – Whole; Progressive part; Whole–part–whole.	Transport and communication; The British Empire
6	Redistribution of blood (vascular shunting vasoconstriction, vasodilation)	Types of practice - Massed. Distributed. Variable. Mental practice.	Provision through factories; Churches and local authorities
7	Haemoglobin; Myoglobin; Oxyhaemoglobin disassociation curve and Bohr shift.	Understanding how knowledge of skill classification informs practice structure (presentation and type) to allow learning/ development of skills	Three-tier class system (emphasis on middle class and working class); Development of national governing bodies.
8	Venous return mechanisms Relationship with blood pressure (systolic, diastolic)	Stages of learning and how feedback differs between the different stages of learning	Characteristics of sport
9	Lung volumes	Learning plateaus – causes and solutions	Consideration of the changing role of women in sport
10	Gas exchange and principles of diffusion	Cognitive theories – insight learning	The status of amateur and professional performers
11	Regulation of breathing rate adrenaline; Sympathetic and parasympathetic systems; Carbon dioxide; Chemoreceptors, proprioceptors and baroreceptors	Behaviourism – operant conditioning	Golden triangle – the interrelationship between commercialisation (including sponsorship), media (radio, TV, satellite, internet and social media) and sports and

	Impact of smoking; oxygen transport		governing bodies.
12	Muscle fibre types	Social learning – observational learning	Golden triangle – the interrelationship between commercialisation (including sponsorship), media (radio, TV, satellite, internet and social media) and sports and governing bodies
13	Proprioceptors (muscle spindles; Golgi tendon organ) and PNF	Constructivism - Vygotsky	The changing status of amateur and professional performers
14	Motor units and spatial and wave summation	Understanding of how theories of learning impact on skill development.	Factors affecting the emergence of elite female performers in football (players and officials), in the late 20th and early 21st century
15	Joints and bones; agonists and types of contraction	Methods of guidance	Factors affecting the emergence of elite female performers in tennis in the late 20th and early 21st century
16	Analysis of shoulder, elbow movements	Types of feedback	Factors affecting the emergence of elite female performers in athletics in the late 20th and early 21st century
17	Analysis of hip, knee and ankle movements	Understanding of how feedback and guidance impacts on skill development.	Definitions – • society • socialisation – primary and secondary
	Understand the exercise-related function of food classes. Carbohydrate. Fibre. Fat (saturated fat, trans fat and cholesterol), protein	Aspects of personality – trait, social learning and interactionist	Definitions – • social processes • social issues • social structures/stratification
18	Understand the exercise-related function of food classes. vitamins (C, D, B-12, B-complex), minerals (sodium, iron, calcium), water (hydration before, during and after physical activity)	Attitudes – triadic model; changing attitudes	Social control and social change. Causes and consequences of inequality. E.g. schools / sports clubs
19	Positive and negative effects of Creatine, sodium bicarbonate, caffeine, glycogen loading	Arousal – drive, inverted U theories	Social action theory - Interactionist approach, impact of sport on society and of society on sport
20	Data collection - Quantitative and qualitative. Objective and subjective. Validity and reliability	Arousal – catastrophe and ZOF theories	Understanding the terms equal opportunities, discrimination, stereotyping and prejudice.

21	Physiological effects and benefits of a warm-up and cool down	Anxiety - Somatic, cognitive, competitive trait and competitive state	Barriers to participation of under-represented groups - Disability
22	Stretching for different types of physical activity (static and ballistic)	Advantages and disadvantages of using observations, questionnaires and physiological measures to measure anxiety.	Barriers to participation of under-represented groups - Ethnic group
23	Principles of training - Specificity, progressive overload, reversibility, recovery	Aggression and assertion; Instinct theory, frustration aggression hypothesis	Barriers to participation of under-represented groups - Gender
24	Principles of training - Frequency Intensity Time Type of Training (FITT) principle	Aggression and assertion; social learning theory and aggressive cue theory	Barriers to participation of under-represented groups - Disadvantaged
25	Periodisation - Macro cycle, Meso cycle, Micro cycle. Preparation, competition, transition. Tapering, peaking	Strategies to control aggression	Health, fitness and social benefits of raising participation
26	Training methods - Interval training (anaerobic power). Continuous training (aerobic endurance). Fartlek (aerobic endurance)	Motivation - Intrinsic, extrinsic, tangible and intangible	The interrelationship between Sport England, local and national partners to increase participation at grass roots level and under represented groups in sport.
27	Training methods - Circuit training (muscular endurance). Weight training (strength). Proprioceptive Neuromuscular Facilitation (PNF) (flexibility)	Social facilitation and inhibition; Zajonc's model	Understanding of technology for sports analytics Use of technology in data collection (quantitative and qualitative, objective and subjective, validity and reliability of data)
28	Newton's Three Laws of linear motion	Evaluation apprehension; Strategies to eliminate the adverse effects of social facilitation and social inhibition	Video and analysis programmes
29	Definitions, equations and units of example scalars – speed and distance	Group formation – Tuckman Cohesion – task and social	Testing and recording equipment (metabolic cart for indirect calorimetry)
30	Centre of mass and factors affecting stability	Steiner's model of potential and actual productivity, faulty group processed. Including cooperation and coordination	Use of GPS and motion tracking software and hardware
31	Three classes of levers	Ringelmann effect and social loafing. Strategies to improve cohesion, group productivity and overcome social loafing to enhance team performance	Maintaining data integrity
32	Mechanical advantage and mechanical	SMARTER (specific, measurable, achievable,	

	disadvantage of each class of lever	realistic, time bound, evaluate, re-do)	
33		Outcome goals, task orientated. Performance related goals, process goals	
34	NEA	NEA	NEA
35	NEA	NEA	NEA
36	NEA	NEA	NEA
37			
38			