

## AQA A Level PE Personalised Learning Checklist- Year 12

Topic Name	RAG ( ● ● ● )	Notes / Reflection
<b>Anatomy and Physiology (Paper 1)</b>		
<b>3.1.1.5 The Musculo-skeletal system and analysis of movement</b>		
Articulating bones		
Joint actions and agonists (elbow, shoulder, hip, knee, ankle)		
Muscular contractions		
<b>3.1.1.3 Respiratory system</b>		
Lung volumes		
Gaseous exchange		
Regulation of pulmonary ventilation		
Impact of exercise and lifestyle choices on the respiratory system		
<b>3.1.1.4 Neuromuscular system</b>		
Characteristics of muscle fibre types		
Motor units		
Recruitment of muscle fibres		
PNF		
<b>3.1.1.6 Energy systems</b>		
Anaerobic energy systems (ATP-PC and anaerobic glycolytic system)		
Aerobic energy system		
Lactate threshold and OBLA		

VO2 max		
Energy expenditure measurements (indirect calorimetry, lactate sampling, VO2 max test, respiratory exchange ratio)		
Impact of training on energy systems (altitude, plyometrics, speed, agility and quickness, HIIT)		
<b>Skill Acquisition (Paper 1)</b>		
<b>3.1.2.1 Skill, skill continuums and transfer of skills</b>		
Characteristics of skilled performance		
Different types of skills		
Transfer of learning (positive, negative, zero, bilateral)		
Skill continua (open-closed, discrete-serial-continuous, gross-fine, self-paced- externally paced, simple complex)		
<b>3.1.2.2 Impact of skill classification on structure of practice</b>		
Method of practice (whole, whole-part-whole, progressive part)		
Types of practice (massed, distributed, variable, mental)		
<b>3.1.2.3 Principles and theories of learning and performance</b>		
Stages of learning and feedback		
Psychological theories of learning (cognitive theories, learning		

plateau, behaviorism, social learning, constructivism)		
<b>3.1.2.4 Use of guidance and feedback</b>		
Methods of guidance (verbal, visual, manual, mechanical)		
Feedback (knowledge of performance, knowledge of results, positive, negative, intrinsic, extrinsic)		
<b>Sports Psychology (Paper 2)</b>		
<b>3.2.3.1.1 Aspects of personality</b>		
Nature vs nurture		
Interactionist perspective		
<b>3.2.3.1.2 Attitudes</b>		
Triadic model		
<b>3.2.3.1.3 Arousal</b>		
Theories of arousal (drive, inverted U, catastrophe, zone of optimal functioning)		
Peak flow experience		
<b>3.2.3.1.4 Anxiety</b>		
Types of anxiety		
Anxiety measures (observations, questionnaires, physiological)		
<b>3.2.3.1.5 Aggression</b>		
Aggression and assertive behaviour		

Theories of aggression (instinct, frustration-aggression, social learning, aggressive cue)		
Strategies to control aggression		
<b>3.2.3.1.6 Motivation</b>		
Motivation (intrinsic, extrinsic, tangible , intangible)		
<b>3.2.3.1.8 Social facilitation</b>		
Social facilitation and inhibition (zajonc's model)		
Evaluation apprehension		
Strategies to eliminate the adverse effects of social facilitation and social inhibition		
<b>3.2.3.1.9 Group dynamics</b>		
Group formation (Tuckman's model)		
Cohesion (task, social)		
Steiner's model of productivity		
Ringelmann effect and social loafing		
Strategies to improve cohesion		
<b>3.2.3.1.12 Self-efficacy and confidence</b>		
Characteristics of self-efficacy and self-confidence		
Bandura's model of self-efficacy		
Vealey's model of self-confidence		
Home field advantage		

<b>3.2.3.1.14 Stress management</b>		
Cognitive techniques (mental rehearsal, visualisation, imagery, attentional control, thought stopping, positive self-talk)		
Somatic techniques (biofeedback, centering, breathing control, progressive muscle relaxation)		
<b>Sport and Society (Paper 1)</b>		
<b>3.1.3.1.1 Pre-industrial Britain (pre-1780)</b>		
Characteristics of popular recreation		
Mob football		
Real tennis		
<b>3.1.3.1.2 Industrial and post-industrial Britain (1780-1900)</b>		
Characteristics of rational recreation		
Industrial revolution		
Urbanisation		
Transport and communication		
Influence of the Church		
Emergence of the middle class and public provision		
British Empire		
National Governing Bodies (NGBs)		
Amateur and professionalism		

Development of football, lawn tennis and athletics		
<b>3.1.3.1.3 Post World War II (1950-present)</b>		
Emergence of females in football		
Emergence of females in tennis		
Emergence of females in athletics		
Golden Triangle		
<b>3.1.3.2.1 Sociological theory applied to equal opportunities</b>		
Sociological theory definitions (society, socialisation, social control, social change, social stratification)		
Social action theory		
Barriers to participation for under represented groups (gender, disability, ethnic groups, socio-economic disadvantaged)		
Benefits of participation in physical activity (health, fitness, social		
Sport England		