



# A level PE Anat & Phys Y12 & 13 Learning Journey

Progress on to Higher education or employment



August Receive Exam results

Prom

Final Examinations

Revision based lessons

Personalized revision for A Level exam

Continue your lifelong love of learning and personal development



External Practical Moderation

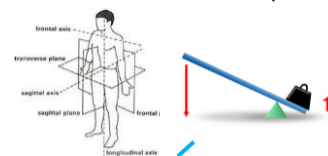
2.2 Biomechanical Principles



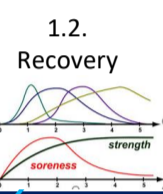
2.2 Injury Prevention and Rehabilitation

Jan / Feb Internal moderation window

End of Unit Test: Injury Prevention and Rehabilitation



Y13 Mocks



End of Unit Test Energy for Exercise

Y12 Parents Evening



End of March External sports videos in

1.2. Energy for exercise



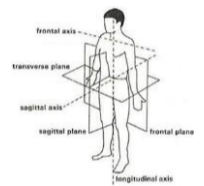
Y13 Parents Evening



End of Unit Test Recovery

End of Unit Test preparation and Training Methods

1.2.b. Preparation and Training Methods



1.2. Biomechanical Principles

YEAR 13



Y12 mock exams

Coursework Overview sections

Parents Evening

Coursework Evaluation Section

End of Unit Test Biomechanical Principles – Laws of Motion



End of Unit Test Respiratory System

End of Unit Test Diet and nutrition

1.2.a. Diet & Nutrition



1.1. Respiratory System



End of Unit Test Cardiovascular System

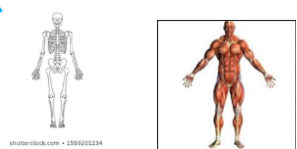
Jan / Feb Internal moderation window



1.1.b. Cardiovascular System



End of Unit Test Musculo-Skeletal System



1.1.a Musculo-Skeletal Systems

YEAR 12

Course expectations

