

Sport and Physical Activity

Date	Exams/ Assess	Unit 1 Body systems	Unit 2 Coaching and Leadership
4/9/23		LO1: Understand the skeletal system in relation to exercise and physical activity	LO1: Know the roles and responsibilities of sports coaches and activity leaders
11/9/23			
18/9/23			
25/9/23			
2/10/23			
9/10/23	LO1 Unit test	LO2: Understand the muscular system in relation to exercise and physical activity	LO2: Understand principles which underpin coaching and leading Task 1: <i>Getting the job</i>
16/10/23			
30/10/23		LO3: Understand the cardiovascular system in relation to exercise and physical activity	LO3: Be able to use methods to improve skills, techniques and tactics in sport LO4: Be able to plan sports and activity sessions Task 2: <i>Planning for success</i>
6/11/23			
13/11/23	LO2 Unit test		
20/11/23			
27/11/23			
4/12/23			
11/12/23			
1/1/24		LO4: Understand the respiratory system in relation to exercise and physical activity	LO5: Be able to prepare sports and activity environments LO6: Be able to deliver sports and activity sessions LO7: Be able to review sports and activity sessions
8/1/24			
15/1/24			
22/1/24			
29/1/24			
5/2/24			
12/2/24	LO4 Unit test		
26/2/24		LO5: Understand the different energy systems in relation to exercise and physical activity	Task 3: <i>Prepare, deliver, review, progress</i>
4/3/24			
11/3/24			
18/3/24			
25/3/24	LO5 Unit test		
15/4/24		Revision	
22/4/24			
29/4/24			
6/5/24			
13/5/24			
20/5/24			
		External Exam	
3/6/24		Unit 3 Sports Organisation & Development LO1: How sport in the UK is organised	Task 4: <i>Winning a contract</i>
10/6/24			
17/6/24			
24/6/24			
1/7/24			
8/7/24	LO1 Unit test		
15/7/24			

Year 12 Long Term Scheme of Learning 2023-24

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HELBY

High School



Achieving Success
Valuing Others