

Sport and Physical Activity

Date	Exams/ Assess	Unit 3 Sports Organisation and Development	Unit 17 Sports Injuries and Rehabilitation	Unit 19 Sports and Exercise Psychology
4/9/23		LO2: Understand sports development LO3: Understand how the impact of sports development can be measured	LO1: Know common sports injuries and their effects LO2: Be able to minimise the risk of sports injuries	LO1: Know the different factors that affect motivation for sport and exercise Task 1: <i>Motivation for goals</i> LO2: Understand attribution theory in relation to sport and exercise Task 2: <i>Attribution interview</i>
11/9/23				
18/9/23				
25/9/23				
2/10/23				
9/10/23				
16/10/23				
30/10/23		LO4: Understand sports development in Practice Revision	Task 1: <i>Reducing the risk of injury</i> LO3: Be able to respond to acute sports injuries when they occur	LO3: Understand the effects of stress, anxiety and arousal in sport and exercise Task 3: <i>Coaches app</i>
6/11/23				
13/11/23				
20/11/23				
27/11/23				
4/12/23				
11/12/23		Revision		
1/1/24		Revision External Exam	LO4: Know the role of different agencies in the treatment and rehabilitation of sports injuries Task 2: <i>Responding to injury</i>	LO4: Understand the importance of group dynamics in team sports and group exercise Task 4: <i>Coaches training</i>
8/1/24				
15/1/24				
22/1/24				
29/1/24				
5/2/24				
12/2/24				
26/2/24			LO5: Be able to plan a rehabilitation programme for a specific sports injury Task 3: <i>Rehabilitation Programme</i>	LO5: Understand the psychological impact of sport and exercise on mental health and wellbeing Task 5: <i>Case study</i>
4/3/24				
11/3/24				
18/3/24				
25/3/24				
15/4/24				
22/4/24			External moderation	External moderation
29/4/24				
6/5/24			Start of A-level exams	
13/5/24				
20/5/24				
3/6/24				
10/6/24				
17/6/24				
24/6/24				
1/7/24				
8/7/24				
15/7/24				