

Subject: Sport

Date	Exams/ Assess	Unit 1 Body Systems	Unit 2 Coaching and Leadership
2/9/24		<p>LO1: Understand the skeletal system in relation to exercise and physical activity</p> <p>LO2: Understand the muscular system in relation to exercise and physical activity</p>	<p>LO1: Know the roles and responsibilities of sports coaches and activity leaders</p> <p>LO2: Understand principles which underpin coaching and leading</p> <p>Task 1: <i>Getting the job</i></p>
9/9/24			
16/9/24			
23/9/24			
30/09/24			
7/10/24	LO1 Unit test		
14/10/24			
21/10/24			
4/11/24		<p>LO3: Understand the cardiovascular system in relation to exercise and physical activity</p> <p>LO4: Understand the respiratory system in relation to exercise and physical activity</p>	<p>LO3: Be able to use methods to improve skills, techniques and tactics in sport</p> <p>LO4: Be able to plan sports and activity sessions</p> <p>Task 2: <i>Planning for success</i></p>
11/11/24			
18/11/24			
25/11/24	LO2 Unit test		
2/12/24			
9/12/24			
16/12/24			
6/1/25		<p>LO4: Understand the respiratory system in relation to exercise and physical activity</p>	<p>LO5: Be able to prepare sports and activity environments</p> <p>LO6: Be able to deliver sports and activity sessions</p> <p>LO7: Be able to review sports and activity sessions</p>
13/1/25			
20/1/25			
27/1/25			
3/2/25			
10/2/25	LO3&4 Unit test		
24/2/25		<p>LO5: Understand the different energy systems in relation to exercise and physical activity</p>	<p>Task 3: <i>Prepare, deliver, review, progress</i></p>
3/3/25			
10/3/25			
17/3/25			
24/3/25			
31/3/25	LO5 test		
21/4/25		Revision	
28/4/25			
5/5/25			
12/5/25			
19/5/25			
2/6/25		<p>Unit 19 Sports Psychology</p> <p>LO1: Motivation for Goals</p> <p>Task1</p> <p>LO2: Understand attribution theory in relation to sport and exercise</p> <p>Task 2</p>	<p>Task 4: <i>Winning a contract</i></p>
9/6/25			
16/6/25			
23/6/25			
30/6/25			
7/7/25			
14/7/25			

Year 12 Long Term Scheme of Learning 2024-25

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