## Year 13 Long Term Scheme of Learning 2024-25

HELSBY
High School
Achieving Success Valuing Others

## **Subject: Sport**

Date	Exams/ Assess	Unit 3 Sports Organisation and Development	Unit 17 Sports Injuries and Rehabilitation
2/9/24		LO1: How sport in the UK is	LO1: Know common sports injuries
9/9/24		organised	and their effects
16/9/24			<b>LO2:</b> Be able to minimise the risk
23/9/24	LO1 Test		of sports injuries
30/09/24		LO2: Understand sports	
7/10/24		development	
14/10/24			
21/10/24			
4/11/24		LO3: Understand how the impact	Task 1: Reducing the risk of injury
11/11/24		of sports development can be	LO3: Be able to respond to acute
18/11/24		measured	sports injuries when they occur
25/11/24		LO4: Understand sports	,
2/12/24		development in practice	
9/12/24			
16/12/24	LO3 & 4 Test		
6/1/25			LO4: Know the role of different
13/1/25	External exam	Unit 19 Sport Psychology	agencies in the treatment and rehabilitation of sports injuries
20/1/25		<b>LO3:</b> Understand the effects of	Task 2: Responding to injury
27/1/25		stress, anxiety and arousal in sport	ruent = responding to injury
3/2/25		and exercise	
10/2/25		Task 3: Coaches app	
24/2/25		LO4: Understand the importance	LO5: Be able to plan a
3/3/25		of group dynamics in team	rehabilitation programme for a
10/3/25		sports and group exercise	specific sports injury
17/3/25		Task 4: Coaches training	<b>Task 3:</b> Rehabilitation Programme
24/3/25		<b>LO5:</b> Understand the psychological	
31/3/25		impact of sport and exercise on mental health and wellbeing <b>Task 5:</b> Case study	
21/4/25		,	
28/4/25			
5/5/25			
12/5/25		START OF A-	LEVEL EXAMS
19/5/25			
2/6/25			
9/6/25			
16/6/25			
23/6/25			
30/6/25			
7/7/25			
14/7/25			