

Subject: Sport and Physical Activity

Date	Exams/ Assess	Unit 1 Body Systems	Unit 2 Coaching and Leadership
1/9/25		LO1: Understand the skeletal system in relation to exercise and physical activity LO2: Understand the muscular system in relation to exercise and physical activity	LO1: Know the roles and responsibilities of sports coaches and activity leaders LO2: Understand principles which underpin coaching and leading Task 1: <i>Getting the job</i>
8/9/25			
15/9/25			
22/9/25			
29/9/25			
6/10/25			
13/10/25			
20/10/25			
3/11/25		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>
10/11/25			
17/11/25			
24/11/25			
1/12/25			
8/12/25			
15/12/25			
5/1/26		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
12/1/26			
19/1/26			
26/1/26			
2/2/26			
9/2/26			
23/2/26		LO5: Understand the different energy systems in relation to exercise and physical activity	Task 3: <i>Prepare, deliver, review, progress</i>
2/3/26			
9/3/26			
16/3/26			
23/3/26			
30/3/26			
20/4/26		Revision	
27/4/26		External exam	
4/5/26			
11/5/26			
18/5/26			
1/6/26			
8/6/26		Unit 19 Sports Psychology LO1: Motivation for Goals Task1 LO2: Understand attribution theory in relation to sport and exercise Task 2	Task 4: <i>Winning a contract</i>
15/6/26			
22/6/26			
29/6/26			
6/7/26			
13/7/26			

Year 12 Long Term Scheme of Learning 2025-26

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High School

