

Subject: Sport and Physical Activity

Date	Exams/ Assess	Unit 3 Sports Organisation and Development	Unit 17 Sports Injuries and Rehabilitation
1/9/25		LO1: How sport in the UK is organised	LO1: Know common sports injuries and their effects LO2: Be able to minimise the risk of sports injuries
8/9/25			
15/9/25			
22/9/25			
29/9/25			
6/10/25			
13/10/25			
20/10/25			
3/11/25		LO2: Understand sports development	LO3: Understand how the impact of sports development can be measured LO4: Understand sports development in practice
10/11/25			
17/11/25			
24/11/25			
1/12/25			
8/12/25			
15/12/25			
5/1/26			
12/1/26		Unit 19 Sport Psychology LO3: Understand the effects of stress, anxiety and arousal in sport and exercise Task 3: <i>Coaches app</i>	Task 1: <i>Reducing the risk of injury</i> LO3: Be able to respond to acute sports injuries when they occur
19/1/26			
26/1/26			
2/2/26			
9/2/26			
23/2/26			
2/3/26			
9/3/26			
16/3/26		LO4: Understand the importance of group dynamics in team sports and group exercise Task 4: <i>Coaches training</i> LO5: Understand the psychological impact of sport and exercise on mental health and wellbeing Task 5: Case study	Task 2: <i>Responding to injury</i>
23/3/26			
30/3/26			
20/4/26			
27/4/26			
4/5/26			
11/5/26			
18/5/26			
1/6/26		External moderation	Start of exams
8/6/26			
15/6/26			
22/6/26			
29/6/26			
6/7/26			
13/7/26			