Year 13 Long Term Scheme of Learning 2025-26



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	LO1: Know common sports injuries
8/9/25		organised	and their effects
15/9/25			LO2: Be able to minimise the risk
22/9/25			of sports injuries
29/9/25		LO2: Understand sports	
6/10/25		development	
13/10/25			
20/10/25			
3/11/25		LO3: Understand how the impact	Task 1: Reducing the risk of injury
10/11/25		of sports development can be	LO3: Be able to respond to acute
17/11/25		measured	sports injuries when they occur
24/11/25		LO4: Understand sports	Special inguities array country
1/12/25		development in practice	
8/12/25		· ·	
15/12/25			
5/1/26			LO4: Know the role of different
12/1/26			agencies in the treatment and
19/1/26		Unit 19 Sport Psychology	rehabilitation of sports injuries
26/1/26		LO3: Understand the effects of	Task 2: Responding to injury
2/2/26		stress, anxiety and arousal in sport	
9/2/26		and exercise Task 3: Coaches app	
23/2/26		LO4: Understand the importance	LO5: Be able to plan a
2/3/26		of group dynamics in team	rehabilitation programme for a
9/3/26		sports and group exercise	specific sports injury
16/3/26		Task 4: Coaches training	Task 3: Rehabilitation Programme
23/3/26		LO5: Understand the psychological	_
30/3/26		impact of sport and exercise on mental health and wellbeing Task 5: Case study	
20/4/26		External moderation	
27/4/26			
4/5/26			
11/5/26		Start of	f exams
18/5/26			
1/6/26			
8/6/26			
15/6/26			
22/6/26			
29/6/26			
6/7/26			
13/7/26			