

National curriculum or specification coverage

Unit 3: Sports Organisation and Development

Unit 17: Sports Injuries and Rehabilitation

Unit 19: Sport and Exercise Psychology

Date	Exams/ Assessments	Learning Intentions		Core Task / Assessments
31/08/26		Unit 3 LO1: How sport in the UK is organised LO2: Understand sports development	Unit 17 LO1: Know common sports injuries and their effects LO2: Be able to minimise the risk of sports injuries	PPE1 – LO1 & 2
07/09/26				
14/09/26				
21/09/26				
28/09/26				
05/10/26				
12/10/26				
19/10/26	Y13			
26/10/26	HALF TERM			
02/11/26		LO3: Understand how the impact of sports development can be measured LO4: Understand sports development in practice	Task 1: Reducing the risk of injury LO3: Be able to respond to acute sports injuries when they occur	Unit test - LO3 & 4
09/11/26				
16/11/26				
23/11/26				
30/11/26				
07/12/26				
14/12/26				

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21/12/26	CHRISTMAS HOLIDAY			
28/12/26				
04/01/27		Unit 3 External Exam Unit 19 L03: Understand the effects of stress, anxiety and arousal in sport and exercise Task 3: <i>Coaches app</i>	L04: Know the role of different agencies in the treatment and rehabilitation of sports injuries Task 2: <i>Responding to injury</i>	
11/01/27				
18/01/27				
25/01/27				
01/02/27				
08/02/27	Y13			
15/02/27	HALF TERM			
22/02/27		L04: Understand the importance of group dynamics in team sports and group exercise Task 4: <i>Coaches training</i> L05: Understand the psychological impact of sport and exercise on mental health and wellbeing Task 5: <i>Case study</i>	L05: Be able to plan a rehabilitation programme for a specific sports injury Task 3: <i>Rehabilitation Programme</i>	
01/03/27				
08/03/27				
15/03/27				
22/03/27				
29/03/27	SPRING BREAK			
05/04/27				
12/04/27		External Moderation		
19/04/27				
26/04/27				
03/05/27				
10/05/27		Exam re-sits		
17/05/27				
24/05/27				
31/05/27	HALF TERM			
07/06/27				
14/06/27				
21/06/27				

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28/06/27			
05/07/27			
12/07/27			