

	Term 1	Term 2	Term 3
<b>Year 12</b>	<p><b>Unit 17 Sports Injuries</b>                      LO 1 - Know common sports injuries and their effects                      LO 2 - Be able to minimise the risk of sports injuries                      LO3: Be able to respond to acute sports injuries when they occur                      LO4: Know the role of different agencies in the treatment and rehabilitation of sports injuries                      LO5: Be able to plan a rehabilitation programme for a specific sports injury</p> <p><b>Unit 1: Body systems and the effects of physical activity</b></p> <p>LO1: Understand the skeletal system in relation to exercise and physical activity                      LO2: Understand the muscular system in relation to exercise and physical activity                      LO3: Understand the cardiovascular system in relation to exercise and physical activity                      LO4: Understand the respiratory system in relation to exercise and physical activity                      LO5: Understand the different energy systems in relation to exercise and physical activity</p>	<p><b>Unit 3: Sport organisation and development</b>                      LO1: Understand how sport in the UK is organised.                      LO2: Understand sports development.                      LO3: Understand how the impact of sports development can be measured                      LO4: Understand sports development in practice</p> <p><b>Unit 4: Working Safely in sport, exercise, health and leisure</b>                      LO 1: Understand emergency procedures in sport, exercise, health and leisure                      LO2: Understand health and safety requirements in sport, exercise, health and leisure                      LO 3: Understand how to minimise risk in sport, exercise, health and leisure                      LO 4: Know first aid requirements for sport, exercise, health and leisure                      LO5: Know how to safeguard children and vulnerable adults in sport, exercise, health and leisure</p> <p><b>Unit 11: Physical activity for specific groups</b>                      LO2: Know the benefits of and barriers to participating in physical activity for specific groups</p>	<p><b>Unit 2: Sports coaching and activity leadership</b>                      LO1: Know the roles and responsibilities of sports coaches and activity leaders                      LO3: Understand methods to improve skills, techniques and tactics in sport                      LO 4: Be able to plan sports and activity sessions                      LO 5: Be able to prepare sports and activity environments                      LO 6: Be able to deliver sports and activity sessions                      LO 7: Be able to review sports and activity sessions</p> <p><b>Unit 8 Organising sports events</b>                      LO1 Know different types of sports events and their purpose                      LO 2 Know the different roles and responsibilities involved in the planning and delivery of sports events                      LO 3 Be able to plan and promote a sports event                      LO 4: Be able to participate in the delivery of a sports event                      LO 5 Be able to review the planning and delivery of a sports event</p> <p><b>Unit 11: Physical activity for specific groups</b></p>

	<p><b>Unit 11: Physical activity for specific groups</b>  <b>LO1:</b> Know about the provision of physical activity for specific groups</p>	<p>LO3: Know the exercise referral process.</p>	<p>LO4: Be able to plan physical activity sessions for specific groups.</p>
<p>Year 13</p>	<p><b>Catch -up missing work from Units 13*,8, 2*, (*extended Certificate)</b>  <b>UNIT 5: Performance analysis in sport and exercise</b>                  LO 1: Understand performance profiling                  LO 2: Be able to carry out performance profiling  <b>UNIT 18: Practical skills in sport and physical activities</b>                  LO1: Be able to apply skills, techniques and tactics in an individual sports                  LO2: Be able to apply skills, techniques and tactics in a team sport  <b>Unit 19 Sports Psychology</b>                  L O 1: <i>Know the different factors that affect motivation for sport and exercise,</i>                  L O 2: <i>Understand attribution theory in relation to sport and exercise</i></p>	<p><b>UNIT 5: Performance analysis in sport and exercise</b>                  LO 3: Be able to analyse performance                  LO 4: Be able to give feedback on sports performance  <b>UNIT 18: Practical skills in sport and physical activities</b>                  LO3: Be able to apply skills and knowledge in outdoor and adventurous activities                  LO4: Be able to officiate in sport and physical activity  <b>Unit 19 Sports Psychology</b>                  L O 3: <i>Understand the effects of stress, anxiety and arousal in sport and exercise</i>                  LO 4: <i>Understand the importance of group dynamics in team sports and group exercise,</i></p>	<p>Improvements to assignments  <b>Unit 19 Sports Psychology</b>                  L O 5: <i>Understand the psychological impact of sport and exercise on mental health and wellbeing</i></p>