

Sport Year 12 Curriculum

Half Term 1	Half Term 2	Half Term 3
<p><u>Exam Unit</u> <u>Unit 1 – Body Systems and the effects of physical activity.</u></p> <ul style="list-style-type: none"> LO1 : Understanding the skeletal system in relation to exercise and physical activity. <p><u>Coursework Unit</u> <u>Unit 2 – Sports coaching and activity leadership</u></p> <ul style="list-style-type: none"> LO1 : Know the roles and responsibilities of sports coaches and activity leaders. 	<p><u>Exam Unit</u> <u>Unit 1 – Body systems and the effects of physical activity</u></p> <ul style="list-style-type: none"> LO2 : Understand the muscular system in relation to exercise and physical activity LO3 : Understand the cardiovascular system in relation to exercise and physical activity <p><u>Coursework Unit</u> <u>Unit 2 – Sports coaching and activity leadership</u></p> <ul style="list-style-type: none"> LO2 : Understand principles which underpin coaching and leading LO3 : Be able to use methods to improve skills, techniques and tactics in sport 	<p><u>Exam Unit</u> <u>Unit 1 – Body systems and the effects of physical activity</u></p> <ul style="list-style-type: none"> LO4 : Understand the respiratory system in relation to exercise and physical activity <p><u>Coursework Unit</u> <u>Unit 2 – Sports coaching and activity leadership</u></p> <ul style="list-style-type: none"> LO4 : Be able to plan sports and activity sessions LO5 : Be able to prepare sports and activity environment
<p>Half Term 4</p> <p><u>Exam Unit</u> <u>Unit 1 – Body systems and the effects of physical activity</u></p> <ul style="list-style-type: none"> LO5 : Understand the different energy systems in relation to exercise and physical activity <p><u>Coursework Unit</u> <u>Unit 2 – Sports coaching and activity leadership</u></p> <ul style="list-style-type: none"> LO6 : Be able to deliver sports and activity sessions 	<p>Half Term 5</p> <p><u>Exam Unit</u> <u>Unit 1 – Body systems and the effects of physical activity</u></p> <ul style="list-style-type: none"> Revision – LO1, LO2, LO3, LO4, LO5 in preparation for Exam <p><u>Coursework Unit</u> <u>Unit 2 – Sports coaching and activity leadership</u></p> <ul style="list-style-type: none"> LO7 : Be able to review sports and activity sessions 	<p>Half Term 6</p> <p><u>Coursework Unit</u> <u>Unit 17 - Sports Injuries and rehabilitation.</u></p> <ul style="list-style-type: none"> LO1 : Know common sports injuries and their effects LO2 : Be able to minimise the risk of sports injuries LO3 : Be able to respond to acute sports injuries when they occur