

## Year 12 Sport and Physical Activity

### Unit 1 - Body Systems and the effect of Physical Activity

- LO1** - Skeletal System
- LO2** - Muscular System
- LO3** - Cardiovascular System
- LO4** - Respiratory System
- LO5** - Energy Systems



### Unit 2 - Sports Coaching & Activity Leadership

- LO1** - Roles & Responsibilities of Sports Coaches & Leaders.
- LO2** - Principles underpinning Coaching & Leading
- LO3** - Methods to improve Skills, techniques & tactics.

**LO4** - Plan sports & Activity Sessions.

**LO5** - Prepare Sports and Activity Environments.

**LO6** - Deliver Sports & Activity Sessions

**LO7** - Review sports & Activity Sessions.

### Unit 3 - Sports Organisation & Development

**LO1** - Organisation of Sport in the UK

**LO2** - Sports Development

**LO3** - Measuring the impact of Sports Development

**LO4** - Sports Development in Practice



Knowledge	Attributes / Character	Skills	Experiences
<ul style="list-style-type: none"> <li>• Understand the skeletal system in relation to exercise and physical activity</li> <li>• Understand the muscular system in relation to exercise and physical activity</li> <li>• Understand the cardiovascular system in relation to exercise and physical activity</li> <li>• Understand the respiratory system in relation to exercise and physical activity</li> <li>• Understand the different energy systems in relation to exercise and physical activity</li> <li>• Know the roles and responsibilities of sports coaches and activity leaders</li> <li>• Understand principles which underpin coaching and leading</li> <li>• Be able to use methods to improve skills, techniques and tactics in sport</li> <li>• Be able to plan sports and activity sessions</li> <li>• Be able to prepare sports and activity environments</li> <li>• Be able to deliver sports and activity sessions</li> <li>• Be able to review sports and activity sessions</li> </ul>	<ul style="list-style-type: none"> <li>• Confidence - students will improve confidence:               <ul style="list-style-type: none"> <li>- Through taking part in a range of Checking for Understanding methods (Q&amp;A, Think, Pair, Share, Cold Calling)</li> <li>- use of a range of revision methods to improve retention and recall of information.</li> <li>- Through leading a sports session to their peers.</li> <li>- Through identifying strengths and weaknesses.</li> </ul> </li> <li>• Organisation - developed and improved through:               <ul style="list-style-type: none"> <li>- Time management and meeting deadlines</li> <li>- Revision methods and organisation of revision timetable etc.</li> <li>- Exam practice and improvements.</li> <li>- Planning and delivering a sports session</li> </ul> </li> <li>• Resilience - developed and improved through:               <ul style="list-style-type: none"> <li>- practice tests/results and improvements</li> <li>- feedback on performance/assessments</li> <li>- Assessment of written coursework</li> <li>- Evaluation of own performance, recognising weaknesses</li> </ul> </li> <li>• Empathy - students build empathy through:               <ul style="list-style-type: none"> <li>- working with others and supporting</li> <li>- evaluating others' performances and providing feedback</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Ability to remember and recall factual information regarding body systems.</li> <li>• Assess the impact of training on the body systems.</li> <li>• Suggest and create appropriate training methods for each system.</li> <li>• Research and develop skills to help plan effective coaching sessions.</li> <li>• Reflect on the effectiveness of coaching sessions.</li> </ul>	<ul style="list-style-type: none"> <li>• Experience of working with KS2 students and delivering sessions.</li> <li>• Experience of setting up and coordinating a 'multi-skills festival'</li> <li>• First Aid Course</li> <li>• Trips to professional sports events/fixtures</li> <li>• Sports Leaders Award Level 2</li> </ul>