

Year 13 Sport & Physical Activity



Unit 8 - Organisation of Sports Events

- LO1** - Know the different types of sports events.
- LO2** - Roles & responsibilities in the planning & delivery of sports events.
- LO3** - Plan & promote a sports event
- LO4** - Deliver a sports event
- LO5** - Review the delivery & planning of a sports event.

Unit 17 - Sports Injuries & Rehabilitation

- LO1** - Common Sports Injuries & their effects.
- LO2** - Minimising the risk of Sports Injuries
- LO3** - Responding to acute Sports Injuries
- LO4** - Role of agencies in the treatment & rehabilitation of Sports Injuries.
- LO5** - Plan a rehabilitation programme for a specific sports injury.



Knowledge	Attributes / Character	Skills	Experiences
<ul style="list-style-type: none"> • Understand how sport is organised in the UK, the organisations involved, and their roles and responsibilities. • Have an understanding of Sports Development, and the purpose of it. • Understand the different methods of delivering sport development and the advantages and disadvantages of sports development initiatives. • Know common sports injuries and their effects. • Be able to minimise the risk of sports injuries. • Be able to respond to acute sports injuries when they occur. • Know the role of different agencies in the treatment and rehabilitation of sports injuries. • Be able to plan a rehabilitation programme for a specific sports injury. 	<ul style="list-style-type: none"> • Confidence - students will improve confidence: <ul style="list-style-type: none"> - Through taking part in a range of Checking for Understanding methods (Q&A, Think, Pair, Share, Cold Calling) - use of a range of revision methods to improve retention and recall of information. - Through leading a sports session to their peers. - Through identifying strengths and weaknesses. - Through completing First Aid Training. • Organisation - developed and improved through: <ul style="list-style-type: none"> - Time management and meeting deadlines - Revision methods and organisation of revision timetable etc. - Exam practice and improvements. • Resilience - developed and improved through: <ul style="list-style-type: none"> - practice tests/results and improvements - feedback on performance/assessments - Feedback on performance - Assessment of written coursework - Evaluation of own performance, recognising weaknesses • Empathy - students build empathy through: <ul style="list-style-type: none"> - working with others and supporting - evaluating others' performances and providing feedback 	<ul style="list-style-type: none"> • Understanding of how sport is organised within the UK. • Understanding of Sports Development • Compare the successfulness of an initiative compared to its outcomes. • Develop skills for planning, promoting and delivering a sports event. • Experience of working independently and as part of a team. • Establish transferable skills which can be used within sport and active leisure as well as within the fitness industry. • Enhance skills such as team work, organisation and safeguarding awareness. • How to recognise and treat common sports injuries. • Plan short term and long term recovery through rehabilitation • Investigate the possible psychological impacts of sports injuries. 	<ul style="list-style-type: none"> • Visits to Sports Science laboratory • Excursion to a Sporting National Governing Body office.