

Subject - KS5

Subject - PE CTEC Sport and Physical Activity

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 12	<p><u>Unit 12</u> Nutrition and Diet for Sport</p> <p>In this unit you will gain an understanding of what is meant by the term ‘balanced diet’ as well as the principles behind it, the relationship between energy intake and energy expenditure and how this changes depending on the sport or physical activity taking place and the importance of hydration for performance. You will also gain an insight into the use of nutritional supplements and how these can be used to improve performance in sport and physical activity.</p>	<p><u>Unit 17</u> Sports injuries and rehabilitation</p> <p>This unit will teach you how to recognise and treat common sports injuries both immediately and through long-term rehabilitation programmes, the possible psychological impacts of sports injuries and how to minimise the risk of sports injuries occurring in the first instance.</p> <p><u>Practical Teaching</u> For P5 - response to an injury</p>	<p><u>Unit 17</u> Sports injuries and rehabilitation</p> <p>This unit will teach you how to recognise and treat common sports injuries both immediately and through long-term rehabilitation programmes, the possible psychological impacts of sports injuries and how to minimise the risk of sports injuries occurring in the first instance.</p>	<p><u>Unit 1</u> Body Systems and the effects of physical activity</p> <p>In this unit you will gain an understanding of the structures and functions of the key body systems, how these support and impact performance in sport and physical activity and the effects that physical activity, training and lifestyle can have on them.</p>	<p><u>Unit 1</u> Body Systems and the effects of physical activity</p> <p>In this unit you will gain an understanding of the structures and functions of the key body systems, how these support and impact performance in sport and physical activity and the effects that physical activity, training and lifestyle can have on them.</p> <p>May Exam (UNIT 1 paper)</p>	<p><u>Unit 11</u> Physical activity for specific groups</p> <p>This unit will allow you to develop a knowledge and understanding of the different groups of individuals who would benefit physiologically, psychologically and sociologically from participating in physical activity and why these particular groups are targeted by initiatives. This knowledge and understanding will then support you in planning suitable physical activity sessions for the groups identified and the considerations that need to be taken into account for each of them.</p>

<p>Year 13</p>	<p><i>Exam</i></p> <p>Unit 3 Sport organisation and development</p> <p>In this unit you will gain an understanding of the organisations involved in sport in the UK, their roles and responsibilities and how they work together. You will also gain an understanding of sports development, including the organisations involved, who sports development is targeted at and why, how sports development is carried out and how the success of sports development initiatives can be measured.</p>	<p><i>Exam</i></p> <p>Unit 3 Sport organisation and development</p> <p>In this unit you will gain an understanding of the organisations involved in sport in the UK, their roles and responsibilities and how they work together. You will also gain an understanding of sports development, including the organisations involved, who sports development is targeted at and why, how sports development is carried out and how the success of sports development initiatives can be measured.</p>	<p><i>Coursework & Practical</i></p> <p>Unit 2 Sport coaching and activity leadership</p> <p>This unit will give you an understanding behind the theory of what makes good sports coaches and activity leaders and methods that can be employed to improve the performance of participants. You will explore the roles and responsibilities of coaches and leaders and how these differ from each other and others involved in delivering and teaching sport and physical activity. The main part of the unit is related to you developing the skills and understanding necessary to</p>	<p><i>Coursework & Practical</i></p> <p>Unit 2 Sport coaching and activity leadership</p> <p>This unit will give you an understanding behind the theory of what makes good sports coaches and activity leaders and methods that can be employed to improve the performance of participants. You will explore the roles and responsibilities of coaches and leaders and how these differ from each other and others involved in delivering and teaching sport and physical activity. The main part of the unit is related to you developing the skills and understanding necessary to</p>	<p><u>Final checks/ re-submissions</u></p>	<p>Official Examinations</p> <p>Year 12</p> <p>Unit 1 - Body Systems and the effects of physical activity: 1 hour 30 minutes</p> <p>Year 13</p> <p>Unit 3 Sport Organisation and development: 1 hour</p>

	<p><i>Coursework</i> <u>Unit 11</u> Physical activity for specific groups</p> <p>This unit will allow you to develop a knowledge and understanding of the different groups of individuals who would benefit physiologically, psychologically and sociologically from participating in physical activity and why these particular groups are targeted by initiatives. This knowledge and understanding will then support you in planning suitable physical activity sessions for the groups identified and the considerations that need to be taken into account for each of them.</p>	<p>January Exam (UNIT 3 paper)</p>	<p>effectively plan and deliver a series of sports or activity sessions reflecting on your own practice and using this feedback to improve your performance as a sports coach or activity leader.</p>	<p>effectively plan and deliver a series of sports or activity sessions reflecting on your own practice and using this feedback to improve your performance as a sports coach or activity leader.</p>		
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