

Year Group Course		Autumn Term		Spring Term		Summer Term	
Year 12	Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Unit Title	Unit 12 Nutrition and Diet	Unit 17 Sport Injuries & rehabilitation	Unit 17 Sport Injuries & rehabilitation	Unit 1 Body systems	Unit 1 Body systems	Unit 11 Physical activity for specific groups
	Overview	Students will understand the principles of a balanced diet and hydration. They will learn how this impacts energy balance and will be able to know the effects of supplements on performance. Students will also evaluate the psychology behind healthy eating.	Students will learn 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.	Students will learn 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.	Students will understand the skeletal, muscular, cardiovascular, respiratory and different energy systems in relation to exercise and physical activity.		Students will develop 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.
	Key Skills	Subject Specific Terminology Extended writing Skills Literacy- Explain and Analyse	Research Skills Knowledge recall Literacy- Describe, Explain and analyse Extended writing skills		Independent Study Skills Self management Literacy- Interpretation and Analysis Knowledge recall/Retrieval Subject specific terminology		Creativity Literacy- Describe and Justify Responsibility Self management Practical skills

					Collaboration
--	--	--	--	--	---------------

Year Group Course	Autumn Term			Spring Term		Summer Term	
	Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 13	Unit Title	Unit 3 sports organisation and development	Unit 3 sports organisation and development	Unit 2 Sports Coaching	Unit 2 Sports Coaching		
	Overview	Students will show understanding of how sport is organised in the UK and explore sports development practice. Students will learn how sports development can be measured.		Students will learn the roles and responsibilities of a coach and a lead and be able to apply methods to improve skills, techniques and tactics in sport. Students will learn how to plan, prepare, deliver and review sports and activity sessions.			
	Key Skills	Research Skills Extended Writing and Exam Practice Self management Independent Study Literacy- Analysis and Evaluation		Leadership and Communication Teamwork Confidence Responding to feedback Evaluation Decision making and adaptability Practical skills			

