

Subject Learning Journey - Sport and Physical Activity (Year 12 & 13)



Sports Coaching and Activity Leadership

Know the roles and responsibilities of sports coaches and activity leaders.

Understand principles which underpin coaching and leading.

Be able to use methods to improve skills, techniques and tactics in sport.

Be able to plan sports and activity sessions.

Be able to prepare sports and activity environments.

Be able to deliver sports and activity sessions.

Sports Organisation and Development

Understand how sport in the UK is organised.

Understand sports development.

Understand how the impact of sports development can be measured.

Understand sports development in practice.

Sports Injuries and Rehabilitation (April-October)

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.

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Sports Injuries and Rehabilitation (April-October)

Know common sports injuries and their effects.

Be able to minimise the risk of sports injuries.



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Body Systems and the Effects of Physical Activity (Sept- Jan)

Understand the skeletal system in relation to exercise and physical activity.

Understand the muscular system in relation to exercise and physical activity.

Understand the cardiovascular system in relation to exercise and physical activity.

Understand the respiratory system in relation to exercise and physical activity.

Understand the different energy systems in relation to exercise and physical activity.

Sport and Exercise Psychology (Jan-April)

Know the different factors that affect motivation for sport and exercise.

Understand attribution theory in relation to sport and exercise.

Understand the effects of stress, anxiety and arousal in sport and exercise.

Understand the importance of group dynamics in team sports and group exercise.