

A Level Sport Curriculum Plan

2 year programme of study



Year 12

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Autumn	Unit 1 - Body Systems and the effects of physical activity (Exam preparation)											
	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 different energy systems in relation to exercise and physical activity		Final recap and exam preparation	
	Unit 2 – 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			
Spring	Unit 3 – Sports organisation and development (Exam preparation)											
	Understanding how sport in the UK is organised				Understanding sports development				Understand how the impact of sports development can be measured			
	Unit 2 – Sports coaching and activity leadership											
	Be able to plan sports and activity sessions				Be able to prepare sports and activity environments				Be able to deliver sports and activity sessions			
Summer	Unit 3 – Sports organisation and development (Exam preparation)				Unit 2 – Sports coaching and activity leadership							
	Understand sports development in practice				Be able to review sports and activity sessions				Revisit and complete/develop any past coursework			
	Unit 2 – Sports coaching and activity leadership											
	Be able to deliver sports and activity sessions											

Italics – Indicates examples of MUST teach elements but not all

Exams	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Autumn	Unit 1 - Body Systems and the effects of physical activity (Exam preparation)											
	The axial and appendicular skeletons. The function of the skeleton. Types, structure, function and classification of synovial joints. Joint movements. Structure and function of the vertebral column.	Main muscles acting at synovial joints. Types of muscle function. Types of muscle contraction. Structure and function of muscle fibre types. The impact of physical activity, training and lifestyle on the muscular system.			The structures of the heart and their roles. Stroke volume, heart rate and cardiac output. Structure of blood vessels. Components and functions of blood. Vascular shunt mechanism and the role of arterioles and pre-capillary.		The structures of the lungs and their roles. Respiratory muscles used during exercise. The mechanics of breathing. Gaseous exchange at the alveoli. Tidal volume, breathing frequency and minute Ventilation.		The three energy systems; - ATP-PC/alactic system - Lactic acid system - Aerobic system The energy continuum. The recovery process for each energy system.		Recap and re-cover (M) Mock papers	
Spring	Unit 3 – Sports organisation and development (Exam preparation)											
	Organisations involved in sport in the UK; - National Lottery - Sport England Roles and responsibilities of sports organisations; - Sports development - Setting of rules and regulations International organisations which impact UK sport. How different organisations interact; - Within the UK - Between UK and international organisations				What is sports development? The purpose of sports development; - Increase participation (e.g. target groups) - Progression in sport (e.g. develop elite athletes) The sports development continuum levels Target groups; - Male and female - Disabled people - Different ethnicities and cultures				Possible measures; - Levels of performance - Levels of participation Methods; - For measuring performance, i.e. - Benchmarks and quality schemes (e.g. Clubmark) - Self-assessment - External assessment Purpose of measurement.			
Summer	Unit 3 – Sports organisation and development (Exam preparation)											
	Methods of delivering sports development. Characteristics of sports development initiatives and events. Organisations involved. Funding and investment; - Levels/amount of money - Sources (e.g. government, NGB, sponsorship) Duration. Methods of promotion.											

Italics – Indicates examples of MUST teach elements but not all

Coursework	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Autumn	Unit 2 – Sports coaching and activity leadership											
	Roles of sports coaches and activity leaders; - Planner - Instructor - Mentor Responsibilities of sports coaches/activity leaders; - Duty of Care - Safeguard How the roles and responsibilities involved in teaching and delivering sport differ; - Sports coach (e.g. focus more on performance and reaching the peak)				Principles of leadership; - Styles (e.g. autocratic, democratic, laissez-faire). - Personality (e.g. aggressive, passive, introvert, extrovert). Group dynamics; - Creating an effective team environment. - Steiner’s model of group effectiveness Attributes of coaches and leaders; - Organisational skills - Empathy				Methods for identifying strengths and weaknesses in skills, techniques and deployment of tactics; - Self-assessment - Peer assessment Classification of skills and its links to types of practice; - Open/Closed - Gross/Fine Methods for measuring improvement in skills, techniques and deployment of tactics.			
Spring	Unit 2 – Sports coaching and activity leadership											
	Review participants’ needs considering which could influence coaching sessions. Key considerations when planning sports/activity sessions. SMART goal setting; - Specific - Measurable - Achievable - Recorded - Time-phased				Preparing equipment for sports/activity sessions. Preparing the environment for sports/activity sessions. Assessing and minimising risks before sports/activity sessions; - Identify possible hazards - Assess how to minimise the identified risks Appropriate safeguarding policies and procedures; - The relevant procedures for safeguarding children and vulnerable adults				Preparing participants for sport/activity sessions; - Meet the participants punctually - Ensure participants are made to feel welcome and at ease - Record attendance Delivering warm-up activities which are appropriate for the participants and session; - Pulse raising - Mobility - Dynamic movements			
Summer	Unit 2 – Sports coaching and activity leadership											
	Continuation: Delivering sport/activity sessions; - activities that are clearly in line with the session goals - provide opportunities for participants to reflect on their learning and apply their reflections to their performance Concluding coaching sessions; - Ensure there is sufficient time to conclude the session - Encourage participants to give feedback				Reviewing sport/activity sessions; - Evaluate the participants progression according to the session evaluation plan and against planned goals - Review the effectiveness of the activities, and session overall against planned goals - Evaluate the effectiveness of own management of the session, including health and safety and welfare issues - Consider participants feedback in evaluating their performance				Revisit and complete/develop any past coursework			

Year 13

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Autumn	Unit 8 - Organisation of sports events											
	Know different types of sports events and their purpose			Know the different roles and responsibilities involved in the planning and delivery of sports events			Be able to plan and promote a sports event			Be able to participate in the delivery of a sports event	Be able to review the planning and delivery of a sports event	
Spring	Unit 13 – Sports injuries and rehabilitation											
	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			
Summer	Unit 13 – Sports injuries and rehabilitation											
	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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	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Autumn	Unit 8 - Organisation of sports events											
	Types of events; - Tournament (e.g. knockout, league, ladder, round robin) - Fundraising (e.g. sponsored event, awareness raising) - Outdoor and adventurous (e.g. orienteering, potholing) - Sports camps (e.g. holiday clubs, sports tours) Purpose of sports events; - Raising money - Personal development (physical, social and mental)			Roles; - Health and safety officer - Sports leader - Organiser - Finance officer Responsibilities of each identified role; Planning the logistics of the event - Booking and setting up equipment - Completing risk assessments - Liaising with external parties, - Marketing the event			Plan an event; - Purpose of event (e.g. making profit, raising money for charity, team building) - Activities included in the event (e.g. games, coaching sessions) - Event goals and objectives Promote an event; - Types of promotional material - Purpose of promotional material			Leading and delivery of a planned sporting event		Review the planning and delivery of a sports event. Methods to review a sports event
Spring	Unit 13 – Sports injuries and rehabilitation											
	Common causes of chronic sports injuries. Common causes of acute sports injuries. The signs and symptoms of common chronic sports injuries. The signs and symptoms of common acute sports injuries. Possible psychological effects of suffering a sports injury.				Extrinsic factors which can influence the risk of injury; - Type of activity - Coaching/supervision Intrinsic factors which can influence the risk of injury; - physical preparation - individual variables - psychological factors Steps that can be taken to minimise the risk of sports injuries. Safety measures which are intrinsic to sports.				Appropriate courses of action immediately following an acute sports injury; - On-field assessment (e.g. SALTAPS, RICE) - Giving first aid - Reassuring the injured person Emergency action plan; - The importance of an EAP - Key components of an EAP			
Summer	Unit 13 – Sports injuries and rehabilitation											
	Delivery of an event; - Carry out own role and responsibilities - Effective use of resources and equipment (e.g. catering equipment, score cards, PA systems, sports equipment)				Review the planning and delivery of a sports event; - Strengths - Areas for improvement - personal development opportunities Methods to review a sports event; - Formative assessment - Summative assessment							

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	• <i>Ensure health and safety is maintained (e.g. use of risk assessment, cordoned-off areas for spectators)</i> • <i>Decision-making appropriate to own role</i>	• <i>Self-evaluation</i> • <i>Peer evaluation</i>	
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