

	Year 12 Sport Studies					
	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 2	Summer Term 2
BIG Q Content <i>(max 5)</i> How do knowledge, planning, communication and reflection combine to make an outstanding sports coach or activity leader?	Unit 1- Body systems and the effects of physical activity. <i>How does the skeletal system help / support movement?</i> LO1- Understand the skeletal system in relation to exercise and physical activity. Unit 2- Sports coaching and activity leadership. What makes an effective and responsible sports coach? LO1- Know the roles and responsibilities of sports coaches and activity leaders. LO2- Understand principles which underpin coaching and leading. Unit 18- Practical skills in Sport and Physical activity. How can athletes apply skills, techniques and tactics to maximise performance? LO1- Be able to apply skills, techniques and tactics in an individual sport.	Unit 1- Body systems and the effects of physical activity. How does the muscular system help /support movement? LO2- Understand the muscular system in relation to exercise and physical activity Unit 2- Sports coaching and activity leadership. How do coaching and leadership principles influence participants' learning? LO3- Understand methods to improve skills, techniques and tactics in sport. LO4- Be able to plan sports and activity sessions. Unit 18- Practical skills in Sport and Physical activity. How can athletes apply skills, techniques and tactics to maximise performance? LO1- Be able to apply skills, techniques and tactics in an individual sport.	Unit 1- Body systems and the effects of physical activity. How does the cardiovascular system help / support movement? LO3- Understand the cardiovascular system in relation to exercise and physical activity Unit 2- Sports coaching and activity leadership. Why is preparing the coaching environment essential for safe and successful participation? LO5- Be able to prepare sports and activity environments. Unit 18- Practical skills in Sport and Physical activity. How can athletes apply skills, techniques and tactics to maximise performance? LO1- Be able to apply skills, techniques and tactics in an individual sport.	Unit 1- Body systems and the effects of physical activity. How does the respiratory system help / support movement? LO4- Understand the respiratory system in relation to exercise and physical activity. Unit 2- Sports coaching and activity leadership. What coaching behaviours and communication skills make a sports session effective and enjoyable? LO6- Be able to deliver sports and activity sessions. LO7- Be able to review sports and activity sessions. Unit 18- Practical skills in Sport and Physical activity. How do skills, teamwork and tactical decision-making contribute to success in a team sport? LO2- Be able to apply skills, techniques and tactics in a team sport.	Unit 1- Body systems and the effects of physical activity. How do the energy systems help / support movement? LO5- Understand the different energy systems in relation to exercise and physical activity. Unit 2- Sports coaching and activity leadership. How can reflection and evaluation improve future coaching outcomes? LO6- Be able to deliver sports and activity sessions. LO7- Be able to review sports and activity sessions. Unit 18- Practical skills in Sport and Physical activity How do skills, teamwork and tactical decision-making contribute to success in a team sport? LO2- Be able to apply skills, techniques and tactics in a team sport.	Unit 1- Body systems and the effects of physical activity. Are you able to answer past exam questions and analyse the language used? Examination. Unit 2- Sports coaching and activity leadership. How can reflection and evaluation improve future coaching outcomes? LO6- Be able to deliver sports and activity sessions. LO7- Be able to review sports and activity sessions. Unit 18- Practical skills in Sport and Physical activity. How do skills, teamwork and tactical decision-making contribute to success in a team sport? LO2- Be able to apply skills, techniques and tactics in a team sport.
Vocabulary <i>(max 10)</i>	Apendicular skeleton, Axial Skeleton, Cardiovascular system,	Apendicular skeleton, Axial Skeleton, Cardiovascular system,	Apendicular skeleton, Axial Skeleton, Cardiovascular system,	Active People Survey, British Olympic Association (BOA),	Active People Survey, British Olympic Association (BOA),	Active People Survey, British Olympic Association (BOA),

