

Sports & Physical Activity



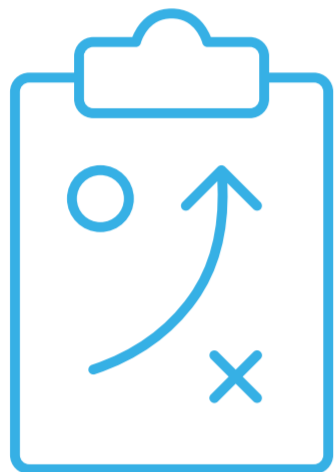
Your future

Unit 18: Practical skills in sport and physical activities (1 lesson a week)

Sports and outdoor and adventurous activities. Apply skills, tactics, techniques and knowledge in individual/team sports, and outdoor and adventurous activities.

Unit 8: Organisation of sports events (4 lessons a week - 1/2 term 4 / 5 lessons a week - 1/2 term 5 & 6 - 60 GLH)

Develop skills in planning, promoting and delivering a sports event. Establish transferrable skills. Enhance teamwork, organisation and safeguarding awareness.



UNIT 3: Sports organisation and development (4 lessons a week - 60 GLH)

Understand UK sports organisations and sports development.

Y13

UNIT 18: Practical skills in sport and physical activities (1 lesson a week - 60GLH over 2 years)

Participate in different sports and outdoor activities. Apply skills, tactics, techniques and knowledge in individual/team sports and outdoor activities.

Extra-curricular opportunities

Assist PE staff coaching extra-curricular school teams. Planning and leading warm-ups and short drills. Officiate final games at end of sessions.

Unit 2: Sports coaching and activity leadership (2 lessons a week - 90GLH)

Explore roles, responsibilities and differences of coaches and leaders. Plan and deliver sports/activity sessions, using feedback to improve leadership performance.

Y12

Unit 1: Body systems and the effects of physical activity (2 lessons a week - 90GLH)

Understand structures and functions of key body systems in sport & physical activity. Effects of physical activity, training and lifestyle.

