

# Year 12 Sports Studies | Yearly Overview

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<p><b>Past Explorations:</b> Previously in Sport Science, students have explored the key components of the musculo-skeletal and cardiovascular systems.</p> <p>This will help the students in this unit by allowing them to use their knowledge to assess the relationship between the two systems and the positive and negative effects of physical activity.</p>	<p><b>Past Explorations:</b> Previously in Sport Science, students have explored the key components of the respiratory and energy systems.</p> <p>This will help the students in this unit by allowing them to use their knowledge to assess the relationship between the body systems and the positive and negative effects of physical activity.</p>	<p><b>Past Explorations:</b> Previously in Sport Science, students have explored the key components of the body systems and how they can be enhanced through physical activity.</p> <p>This will help the students in this unit by allowing them to use their knowledge to develop their understanding of how effective sports leaders can enhance sports performance.</p>	<p><b>Past Explorations:</b> Previously in Sport Science, students have explored the roles and responsibilities of sports activity leaders, the principles that underpin leadership and the key methods used to improve skills, techniques and tactics in sport.</p> <p>This will help the students in this unit by allowing them to use their knowledge to develop their understanding of how sports leaders can become successful through effective planning of physical activity sessions.</p>	<p><b>Past Explorations:</b> Previously in Sport Science, students have explored the opportunity to plan a number of sessions by incorporating procedures to ensure they uphold a duty of care to their participants.</p> <p>This will help the students in this unit by allowing them to use their knowledge to develop their understanding of how sports leaders can become effective in delivering physical activity sessions and reviewing these to enable them to adapt their planning to enhance performance. .</p>	<p><b>Past Explorations:</b> Previously in Sport Science, students have explored the roles of coaches and sports activity leaders in the delivery of physical activity sessions.</p> <p>This will help the students in this unit by allowing them to use their knowledge to develop their understanding of how sport is organised and developed in the UK, through funding and the targeting of specific groups within society to enhance participation.</p>
<b>Termly Exploration Question: How do we move our body?</b>	<b>Termly Exploration Question: How do we produce energy?</b>	<b>Termly Exploration Question: What makes a good sports leader?</b>	<b>Termly Exploration Question: What underpins effective leadership?</b>	<b>Termly Exploration Question: How do we deliver effective sessions?</b>	<b>Termly Exploration Question: How is sport organised?</b>
<p><b>Termly Overview:</b> Whether you are aiming to become a coach, nutritionist, personal trainer or leisure centre manager, knowledge of the human body, its systems and how they function will help you to ensure that your clients gain the benefits of an active, healthy lifestyle.</p> <p>By understanding the effects that physical activity, training and lifestyle can have on the body systems you can ensure that sports and activities are properly focused and do not risk a client's health or wellbeing and will help you to persuade others to pursue and maintain a balanced, active, healthy lifestyle.</p> <p>LO 1 - Understand the skeletal system in relation to exercise and physical activity</p>	<p><b>Termly Overview:</b> Whether you are aiming to become a coach, nutritionist, personal trainer or leisure centre manager, knowledge of the human body, its systems and how they function will help you to ensure that your clients gain the benefits of an active, healthy lifestyle.</p> <p>By understanding the effects that physical activity, training and lifestyle can have on the body systems you can ensure that sports and activities are properly focused and do not risk a client's health or wellbeing and will help you to persuade others to pursue and maintain a balanced, active, healthy lifestyle.</p> <p>LO 4 - Understand the respiratory system in relation to exercise and physical activity</p>	<p><b>Termly Overview:</b> This unit will give you an understanding behind the theory of what makes good sports coaches and activity leaders and methods that can be employed to improve the performance of participants. You will explore the roles and responsibilities of coaches and leaders and how these differ from each other and others involved in delivering and teaching sport and physical activity.</p> <p>The main part of the unit is related to you developing the skills and understanding necessary to effectively plan and deliver a series of sports or activity sessions reflecting on your own practice and using this feedback to improve your performance as a sports coach or activity leader.</p>	<p><b>Termly Overview:</b> This unit will give you an understanding behind the theory of what makes good sports coaches and activity leaders and methods that can be employed to improve the performance of participants. You will explore the roles and responsibilities of coaches and leaders and how these differ from each other and others involved in delivering and teaching sport and physical activity.</p> <p>The main part of the unit is related to you developing the skills and understanding necessary to effectively plan and deliver a series of sports or activity sessions reflecting on your own practice and using this feedback to improve your performance as a sports coach or activity leader.</p>	<p><b>Termly Overview:</b> This unit will give you an understanding behind the theory of what makes good sports coaches and activity leaders and methods that can be employed to improve the performance of participants. You will explore the roles and responsibilities of coaches and leaders and how these differ from each other and others involved in delivering and teaching sport and physical activity.</p> <p>The main part of the unit is related to you developing the skills and understanding necessary to effectively plan and deliver a series of sports or activity sessions reflecting on your own practice and using this feedback to improve your performance as a sports coach or activity leader.</p>	<p><b>Termly Overview:</b> The organisation of sport in the UK can be quite complex with multiple agencies and organisations, both inside of and outside of the UK, working together at different levels on different agendas.</p> <p>In this unit you will gain an understanding of the organisations involved in sport in the UK, their roles and responsibilities and how they work together. You will also gain an understanding of sports development, including the organisations involved, who sports development is targeted at and why, how sports development is carried out and how the success of sports development initiatives can be measured.</p> <p>LO 1 - Understand how sport in the UK is organised</p>

<p>LO 2 -Understand the muscular system in relation to exercise and physical activity</p> <p>LO 3 - Understand the cardiovascular system in relation to exercise and physical activity</p>	<p>LO 5 - Understand the different energy systems in relation to exercise and physical activity</p>	<p>LO 1 - Know the roles and responsibilities of sports coaches and activity leaders</p> <p>LO 2 - Understand principles which underpin coaching and leading</p> <p>LO 3- Be able to use methods to improve skills, techniques and tactics in sport</p>	<p>LO 4 - Be able to plan sports and activity sessions</p> <p>LO 5 - Be able to prepare sports and activity environments</p>	<p>LO 6 - Be able to deliver sports and activity sessions</p> <p>LO 7 - Be able to review sports and activity sessions</p>	<p>LO 2 - Understand sports development</p> <p>LO 3 - Understand how the impact of sports development can be measured</p> <p>LO 4 - Understand sports development in practice</p>
<p><b>Future Explorations:</b> Going forward in Sport Science, students will explore the positive and negative effects of physical activity and exercise on the respiratory and energy systems.</p> <p>This unit will help them with this because they will have an enhanced understanding of how these systems can be adapted to enhance sporting performance.</p>	<p><b>Future Explorations:</b> Going forward in Sport Science, students will explore ways in which they can enhance the fitness of participants in physical activity and exercise.</p> <p>This unit will help them with this because they will have a deeper understanding of the benefits of exercise when adopting the roles and responsibilities of sports leaders.</p>	<p><b>Future Explorations:</b> Going forward in Sport Science, students will explore the key considerations when planning sports activity sessions.</p> <p>This unit will help them with this because they will have an enhanced understanding of how to assess and minimise risks in order to plan effective sessions.</p>	<p><b>Future Explorations:</b> Going forward in Sport Science, students will explore the delivery of effective sessions and how reviewing these will impact on future planning.</p> <p>This unit will help them with this because they will have a deeper understanding of the necessary steps in planning effective sessions in order to ensure participants can safely enhance their performance.</p>	<p><b>Future Explorations:</b> Going forward in Sport Science, students will explore organisations involved in the development of sport in the UK.</p> <p>This unit will help them with this because they will have a deeper understanding of how coaches and sports activity leaders are involved in the delivery of sport within the UK.</p>	<p><b>Future Explorations:</b> Going forward in Sport Science, students will explore the influence that sport has on society.</p> <p>This unit will help them with this because they will have a deeper understanding of how sport is shaped by society and how, in turn, it impacts our behaviour and relationships.</p>