

SPORT COACHING – PLANNING

	AUTUNM		SPRING		SUMMER	
	1	2	1	2	1	2

LEVEL 1 (Yr10/11)	Unit 01 Understanding the fundamentals of coaching sport	Unit 02 Understanding the principles of planning coaching activities in sport	Unit 03 Understanding the principles of conducting coaching activities in sport	Unit 04 Understanding the principles of evaluating coaching activities in sport
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LEVEL 2 (Yr10/11/ 6th Form)	Unit 01 Participating in Sports	Unit 02 Sports Coaching	Unit 03 Developing sporting skills and tactical awareness	Unit 04 Preparing to work in the sport and leisure industry
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LEVEL 3 (6th Form)	Unit 01 Exercise, health and lifestyle	Unit 02 Sports Coaching	Unit 03 Psychology of sport sports performance
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