



# Sport and Coaching Principles 2023/2025



Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
10	Unit 2: Improving Sporting Performance				Unit 3: Coaching Principles	
Assessment Method	Mock assignments Verbal feedback Written feedback Internal assessment of assignment External moderation				Mock assignments Verbal feedback Written feedback	
 Opportunities	CEIAG – Role of sports coaches. SMSC – Care values, supporting others, cultural capital, character education, spiritual development. ENRICHMENT – Matches, fixtures and competitions. BRITISH VALUES – Respect and tolerance, duty of law					
11	Unit 3: Coaching Principles	Unit 1: Fitness for Sport				
Assessment Method	Internal assessment of assignment External moderation	Mock exam Exam questions External exam				
 Opportunities	CEIAG – Personal trainers. Leading others. SMSC – Care values, supporting others, Cultural capital, character education, spiritual development. ENRICHMENT – Matches, fixtures and competitions. BRITISH VALUES – Respect and tolerance, duty of law					
E-Safety	Use of secure websites No use of personal details Internet used as research tool Use of computers in line with school policy					

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## Where does 'Respect, Inspire and Achieve' feature in our curriculum?

### Vision

To ensure that all young people, regardless of their background, achieve their best in a safe, secure, caring yet challenging learning environment where all of our students are inspired to respect others. To develop their talents and to raise their aspirations to leave school with the academic, social and practical skills to lead a successful, happy and responsible life.

<b>RESPECT</b>	<b>Politeness, honour, and care shown towards someone or something that is considered important (OED)</b> <b>Consider: Respect for other people, beliefs, culture, behaviour, learning, the environment...</b>
10	Peer feedback on coaching style and leadership – respect whilst critiquing.
11	Leadership and the two-way respect between leader and participant.
<b>INSPIRE</b>	<b>The desire, confidence, or enthusiasm to do something well (OED)</b> <b>Consider: Aspirations, future learning/ study, how to improve, target setting to achieve goals...</b>
10	Improving self – goal setting and future achievement. Coaching others to improve – using the style and working practices of key sporting leaders to coach others.
11	Future careers and job roles in the sports industry. Working practices and processes within the sports industry.
<b>ACHIEVE</b>	<b>To succeed in reaching a particular goal, status, or standard, especially by making an effort for a long time</b> <b>Consider: Achieve targets, improving work/ grades...</b>
10	Target setting to improve sporting performance. Use of exemplar theory and practical work and working to achieve a standard aligned with this. Self-reflection and guided practice.
11	Independently working to achieve the goals as set out in the brief provided by exam board. Improvement and refinement of performance work to develop skills and working practices. Target setting to improve practical performance and theoretical understanding of performance and how this communicates to an audience. Self-reflection and guided practice.