Y10 SPORTS COACHING PE PLAN

Week	Unit	Content		Deadline
1A	2.1.1	Physiological factors affecting sports performance		
2B				
3A	2.1.2	Psychological factors affecting sports performance		
4B	2.1.3	Technical Factors affecting performance in sport		
5A	2.2.1	Measuring factors affecting performance		STUDENT DEADLINE FOR TASKS 1 & 2 - UNIT 2
6B		GAP WEEK		
7A				
8B	2.2.2	Analysis of performance data for improvement		STAFF DEADLINE FOR TASKS 1 & 2 MARKS IN TRACKER - UNIT 2
9A*				
10B*				
11A*	2.2.3	Strategies for improvement of sporting performance		
12B		GAP WEEK		STUDENT DEADLINE FOR TASKS 3 & 4 - UNIT 2
13A				
14B				
15A				STAFF DEADLINE FOR TASKS 3&4 MARKS IN TRACKER - UNIT 2
16B	3.1.1	Coaching Skills & Responsibilities of a coach		
17A	3.2.1	Meeting the needs of participants		
18B	3.2.2	Components of a coaching session		STUDENT DEADLINE FOR TASKS 1 & 2 - UNIT 3
19A	3.2.3	Plan a coaching session		
20B				
21A				
22B	3.3	Demonstrate coaching skills and responsibilities		
23A		PRAC		
24B		PRAC		STAFF DEADLINE FOR TASK 2 MARKS IN TRACKER - UNIT 3
25A		PRAC		
26B		PRAC		
27A		INDOOR PRACTICAL ASSESSMENT WEEK		
28B		OUTDOOR PRACTICAL ASSESSMENT WEEK		
29A		OUTDOOR PRACTICAL ASSESSMENT WEEK		
30B		ADDITIONAL PRACTICAL ASSESSMENT WEEK		
31A		GAP / MOP-UP WEEK		STUDENT DEADLINE FOR TASK 3 RECORDED SESSION
32B*	MOCKS	3.4 ANALYSIS AND PERSONAL COACHING PLAN		
33A*	MOCKS			STAFF DEADLINE FOR TASK 3 MARKS IN TRACKER - UNIT 3
34B*	MOCKS			
35A*				STUDENT DEADLINE FOR TASKS 4&5 - UNIT 3
36B				
37A				STAFF DEADLINE FOR TASK 4&5 MARKS IN TRACKER - UNIT 3
38B				
39A	FOUNDERS AND REWARDS WEEK			