

### S4 Sport and Recreation Timeline 24-25

Month	Practical/Theory 1	L2	L3
14/8	<b>Bleep test</b>	Flexibility Standing long jump	Muscular endurance: legs and arms Hand-eye co-ordination
21/8	<b>Identify weaknesses</b> <b>Plan training programme</b>	Approaches: CRE	Approaches: Flexibility and strength
28/8	Training programme	Training programme	
4/9	Training programme	Training programme	
11/9	Training programme	Training programme	
18/9	Re-test	Re-test	2) Evaluate strengths and weakness of programmes and your partner 3) plan future sessions
25/9	Pupils selected for extra-curricular clubs/start of placement visits		
2/10	Re-test	Coach visit?	Coach Visit?
4/10	S4 Full Reports		
9/10	<b><u>Activity Sessions</u></b> <b><u>Theory lesson:</u></b> Reviewing your skills Setting standards Before:During:After	Primary Prep	Primary prep

23 <sup>th</sup> October	Primary Prep	External coach? Team	External coach? Team	
30 <sup>st</sup> October	Risk Assessment lesson in booklet	Session plan	Session plan	
6 <sup>th</sup> November	Risk assessment for individual lesson	Practise	Practise	
13 <sup>th</sup> November	Primary visit -Assessor performance criteria	Primary visit Assessor performance criteria	Primary visit	

20 <sup>st</sup> November	Review of lessons in booklet			
8 <sup>th</sup> of Jan	Finish off booklet for Assisting with an activity session.	Games	Games	
15 <sup>th</sup> Jan	Classroom (Activity sessions) Explain the client interaction report: Must have 3 interaction Make a list for pupils on what questions they must ask during the interactions	Games	Classroom (Employment Opportunities) Your skills, qualities, qualifications & experience	
22 <sup>th</sup> Jan	Career title/ Education opportunity: Researching the sport and industry	Games	Career title/ Education opportunity: Researching the sport and industry  Personal Career Action Plan	

24/1	<b>S4 Interim Report</b>			
29 <sup>th</sup> Jan	Personal Career Action Plan for Future Personal Statement	Games	Personal Statement	
5/2 How to complete a session plan	Your future – Interview Prep	Your future - Interviews	Your future - Interviews	
12 <sup>th</sup> Feb	Session Planning 2 and 2 in pairs including RA	Primary Prep	Primary Prep	

19 <sup>th</sup> Feb	Classroom - Assist with Centre Duties Candidate Log of attendance Client Interaction Report Equipment Report Form	Primary Prep	Primary visit	
26 <sup>th</sup> Feb	Primary Session Review	Games	Equipment Report Form Cleaning and tidying report	
4/3	Games	Games	Games	