



Curriculum Overview



SUBJECT:	PE – OCR NATIONAL SPORTS STUDIES	YEAR:	10 & 11
INTENT:	Learners have the opportunity to apply theoretical knowledge about different types of sport and physical activity, skills development and sports leadership to their own practical performance. They will learn about contemporary issues in sport such as funding, participation, ethics and role models, and sport and the media		

UNITS OF WORK

1. R184: Contemporary issues in sport. Written paper OCR set and marked	2. R185: Performance and Leadership in Sports Activities	3. R186: Sport and the media
---	--	------------------------------

Key Knowledge/Development	Key Skills Development	Assessment
<ul style="list-style-type: none">Understand the issues which affect participation in sportKnow about the role of sport in promoting valuesUnderstand the importance of hosting major sporting eventsKnow about the role of national governing bodies in sportKnow the personal qualities, styles, roles and responsibilities associated with effective sports leadershipBe able to plan, deliver and evaluate a sports activity sessionKnow how sport is covered across the media, the positive effects, negative effects and be able to evaluate a media storyBe able to use skills, techniques and tactics/strategies/ compositional ideas as an individual and team performer in a sporting activity.Be able to officiate in a sporting activity and apply practice methods to support improvement in a sporting activity	<ul style="list-style-type: none">Key Skills of Communication, Application of Number, Information and Communication Technology, Working with Others, Improving Own Learning and Performance and Problem SolvingDevelop ability to apply theoretical knowledge to practical situations	<ul style="list-style-type: none">Written exam OCR set and markedCentre assessed units by staff
EDI/SMSC/British Values/Careers	Literacy/Numeracy	Curriculum Enrichment
<ul style="list-style-type: none">The dangers of performance-enhancing drugsbehaviour of performers and spectatorsSports initiatives to promote valuesSport as a reflection of societySocial legacy of major sporting eventsRelationship between sport and the mediaRoles and role models in sportIncreased prominence of sport science due to commercial value of professional sportEnsure all students are inclusive in lessonsA diverse curriculum is taught.An outward looking view of the world in sport	<ul style="list-style-type: none">Numeracy addition/multiplication of scoring systemsLiteracy recall information, demonstrate knowledge, use appropriate language and specific terminology, develop evaluative skillsKey wordsVocational skills with peersReading/analysing imagesPeer assessmentWord of the week	<ul style="list-style-type: none">Afterschool ClubsLinks to local sports clubsInter-House competitionLunchtime clubsSwindon Schools competition



Curriculum Overview



SUBJECT:	PE – OCR NATIONAL SPORTS SCIENCE	YEAR:	10 & 11
INTENT:	The Cambridge National in Sport Science offer learners the opportunity to study key areas of sport science including anatomy and physiology linked to fitness, health, injury and performance; the science of training and application of training principles, and psychology in sport and sports performance.		

UNITS OF WORK

1. R180: Reducing the risk of sports injuries and dealing with common medical conditions. Written paper OCR set and marked	2. R181: Applying the principles of training: fitness and how it affects skill performance.	3. R182: The body's response to physical activity and how technology informs this
--	---	---

Key Knowledge/Development	Key Skills Development	Assessment
<ul style="list-style-type: none"> Learners will know how to prepare participants to take part in physical activity in a way which minimises the risk of injuries occurring, how to react to common injuries that can occur during sport and how to recognise the symptoms of some common medical conditions, providing a good foundation to undertake formal first aid training and qualifications. Learners will develop knowledge and understanding of the principles and methods of training and the application of these in the design of training programmes along with practical skills in fitness testing. Learners will understand key aspects of the structure and function of the musculo-skeletal and cardio-respiratory systems and investigate some of the changes which occur to them in response to short and long-term physical activity. Learners will look at some of the key elements of sport psychology and use some of the strategies and techniques utilised in pursuit of excellence in sports performance. 	<ul style="list-style-type: none"> Key Skills of Communication, Application of Number, Information and Communication Technology, Working with Others, Improving Own Learning and Performance and Problem Solving Develop their ability to apply theoretical knowledge to practical situations 	<p>Written exam OCR set and marked</p> <p>Centre assessed units by staff</p>
EDI/SMSC/British Values/Careers	Literacy/Numeracy	Curriculum Enrichment
<ul style="list-style-type: none"> Future roles / careers relating to sport Behaviour of performers and spectators. Sports initiatives to promote values Understanding the role of exercise and diet in promoting a healthy lifestyle Increased prominence of sport science due to commercial value of professional sport Role of mental wellbeing in maintaining a healthy lifestyle. Ensure all students are inclusive in lessons. A diverse curriculum is taught. An outward looking view of the world in sport 	<p>Numeracy Addition/multiplication of scoring systems</p> <p>Literacy Recall information, demonstrate knowledge, use appropriate language and specific terminology, develop evaluative skills</p> <ul style="list-style-type: none"> Key words Vocational skills with peers Reading/analysing images Peer assessment Word of the week 	<ul style="list-style-type: none"> Swindon Schools competitions Afterschool clubs (recreational and preparing for competition) Lunchtime clubs (recreational) Inter house competitions Visits to professional matches/open training sessions Links with local sports clubs to develop skill level for all Player development pathway for elite athletes