



Curriculum Overview



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| 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

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| 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 |
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| Key Knowledge/Development | Key Skills Development | Assessment |
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| <ul style="list-style-type: none"> Understand the issues which affect participation in sport Know about the role of sport in promoting values Understand the importance of hosting major sporting events Know about the role of national governing bodies in sport Know the personal qualities, styles, roles and responsibilities associated with effective sports leadership Be able to plan, deliver and evaluate a sports activity session Know how sport is covered across the media, the positive effects, negative effects and be able to evaluate a media story Be 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 Solving Develop ability to apply theoretical knowledge to practical situations | <ul style="list-style-type: none"> Written exam OCR set and marked Centre assessed units by staff |
| EDI/SMSC/British Values/Careers | Literacy/Numeracy | Curriculum Enrichment |
| <ul style="list-style-type: none"> The dangers of performance-enhancing drugs behaviour of performers and spectators Sports initiatives to promote values Sport as a reflection of society Social legacy of major sporting events Relationship between sport and the media Roles and role models in sport Increased prominence of sport science due to commercial value of professional sport Ensure all students are inclusive in lessons A diverse curriculum is taught. An outward looking view of the world in sport | <ul style="list-style-type: none"> Numeracy addition/multiplication of scoring systems Literacy recall information, demonstrate knowledge, use appropriate language and specific terminology, develop evaluative skills Key words Vocational skills with peers Reading/analysing images Peer assessment Word of the week | <ul style="list-style-type: none"> Afterschool Clubs Links to local sports clubs Inter-House competition Lunchtime clubs Swindon Schools competition |



Curriculum Overview



| SUBJECT: | PE – OCR NATIONAL SPORTS SCIENCE | YEAR: | 10 & 11 |
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| 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

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| 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 |
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| 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 | Written exam OCR set and marked Centre assessed units by staff |
| Literacy/Numeracy | | Curriculum Enrichment |
| Numeracy Addition/multiplication of scoring systems Literacy Recall information, demonstrate knowledge, use appropriate language and specific terminology, develop evaluative skills <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 |
| EDI/SMSC/British Values/Careers | | |
| <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 | | |