

## PE & Sport Studies Learning Programme

### Curriculum Intent:

Our aim is to raise levels of Physical Education and school sport. We intend to encourage an active lifestyle beyond school, resulting in lifelong participation. Our curriculum will develop students' performance and knowledge in a variety of sports, as well as leadership, officiating and analysis skills, to prepare students for further education pathways and potential career opportunities.

			OCR Cambridge National in Sports Studies	
Y7	Y8	Y9	Y10	Y11
<p><b>Fit to Perform</b> – develop individual skills.</p> <p>Rotation every 6 lessons (7 sports):</p> <ul style="list-style-type: none"> <li>• Badminton</li> <li>• Basketball</li> <li>• Football</li> <li>• Trampolineing</li> </ul> <p><b>Summer:</b></p> <ul style="list-style-type: none"> <li>• Athletics</li> <li>• Cricket and Rounders</li> </ul> <p>Inclusion of 3 Intervention windows to Recall prior learning.</p> <p><b>Embedded Throughout</b></p> <p><b>Fit for Life</b> – Short periods of exercise, can conduct own warm up, know how PA contributes to a healthy lifestyle.</p> <p><b>Fit to Lead</b> – Leading a partner.</p>	<p><b>Fit to Perform</b> – develop individual skills.</p> <p>Rotation every 6 lessons (7 sports):</p> <ul style="list-style-type: none"> <li>• Badminton</li> <li>• Basketball</li> <li>• Football</li> <li>• Fitness</li> </ul> <p><b>Summer:</b></p> <ul style="list-style-type: none"> <li>• Athletics</li> <li>• Cricket and Rounders</li> </ul> <p>Inclusion of 3 Intervention windows to Recall prior learning.</p> <p><b>Embedded Throughout</b></p> <p><b>Fit for Life</b> – components of fitness, knowledge of basic anatomy and nutrition.</p> <p><b>Fit to Lead</b> – Lead in pairs/small teams.</p>	<p><b>Fit to Perform</b> – develop individual skills.</p> <p>Rotation every 6 lessons (7 sports):</p> <ul style="list-style-type: none"> <li>• Badminton</li> <li>• Basketball</li> <li>• Football</li> <li>• Fitness</li> </ul> <p><b>Summer:</b></p> <ul style="list-style-type: none"> <li>• Athletics</li> <li>• Cricket and Rounders</li> </ul> <p>Inclusion of 3 Intervention windows to Recall prior learning.</p> <p><b>Embedded Throughout</b></p> <p><b>Fit for Life</b> – meet the demands of activities, apply methods of training, PA and social/mental wellbeing.</p> <p><b>Fit to Lead</b> – develop leadership and officiating roles.</p>	<ul style="list-style-type: none"> <li>• <b>R185 Performance and Leadership in Sports Activities</b></li> </ul> <p>- Individual sport performance</p> <p>- Team sport performance</p> <p>- Football and Badminton performance log book.</p> <p>- Apply practice methods to improve sporting performance</p> <p>-Organising and planning a session</p> <p>-Leading a session</p> <p>-Review of planning and leading.</p>	<ul style="list-style-type: none"> <li>• <b>Sport and the Media</b></li> </ul> <p>-Media types</p> <p>-Positive effects of the media</p> <p>-Negative effects of the media</p> <ul style="list-style-type: none"> <li>• <b>Contemporary Issues in Sport (Exam)</b></li> </ul> <p>- User groups and barriers</p> <p>- Solutions</p> <p>- Popularity of sports</p> <p>- Emerging sports</p> <p>- Sporting Values</p> <p>- Olympics and Paralympics</p> <p>- Sporting Initiatives</p> <p>- Etiquette and sporting behaviour</p> <p>- Performance enhancing drugs</p> <p>- Major sporting events</p> <p>- National governing bodies</p> <p>- Technology in sport</p>

## Resources to support your child

<https://www.britishathletics.org.uk/> - Athletics

<https://www.badmintonengland.co.uk/> - Badminton

<https://www.basketballengland.co.uk/> - Basketball

<https://www.ecb.co.uk/> - Cricket

<https://www.bbc.co.uk/bitesize/topics/zp9d7ty> - Fitness

<http://www.thefa.com/> - Football

<https://www.roundersengland.co.uk/> - Rounders

<https://www.british-gymnastics.org/> - Trampolining

<https://www.bbc.co.uk/bitesize/examspecs/zshs4qt> - GCSE Bitesize

Cambridge National Level 1/2 Sports Studies

-Exam revision materials

<https://www.ocr.org.uk/qualifications/cambridge-nationals/sport-studies-level-1-2-j803-j813/assessment/>

Cambridge National Level 1/2 Sports Studies

-Revision Guide

Can be found on Amazon.

