



Curriculum Hours		Class Details			Assessments	Exam Board
LS	2 periods per week	G1=7	G2=7	G3= 7	Practical baseline assessments when appropriate	N/A
		PA	PA	PA		
US	2 periods per week	G4=6 (Yr9)		G5=8 (Yr9)	Practical baseline assessments when appropriate	N/A
		PA		CC		
	2 Periods per week	G6=7 (Yr10)		G7=5 (Yr10)	Practical baseline assessments when appropriate	N/A
		CC		CC		
	3 periods per week	Options 1		Options 2	Yr9/10= SPORTS SCIENCE COURSEWORK/EXAM	CAMBRIDGE NATIONAL
		CC		CC		
	3 periods per week	G8=6 (Yr11)	G9=6(Yr11)	G10=5 (Yr11)	Yr 11 = SPORTS SCIENCE COURSEWORK/EXAM	CAMBRIDGE NATTIONAL
		CC	CC	CC		

LS Curriculum

<u>Invasion Games</u>	<u>Net & wall activities</u>	<u>Striking & fielding</u>	<u>Athletics</u>	<u>Health & fitness</u>	<u>Outdoor Education</u>	<u>Extra-curricular clubs</u>
Football Dodgeball Hockey Basketball Bench ball Frisbee Handball	Badminton Tennis Volleyball Table tennis	Cricket Rounder's	Hurdles Sprinting 30m Javelin Throwing activities Long Jump Speed Bounce	Gym Circuit Training Boxing	Hiking Walking Canoeing Rock-climbing Bush craft Team building Orienteering	Football Dodgeball NICAS Rock-climbing

KS3/4 CORE PE

GROUP	AUTUMN 1		AUTUMN 2		SPRING 1		SPRING 2		SUMMER 1		SUMMER 2	
1	INVASION Benchball	NET/WALL Volleyball	HEALTH & FITNESS	INVASION Basketball	NET/WALL Tennis/Table tennis	STRIKING/ FIELDING Cricket	INVASION Handball	NET/WALL Badminton	STRIKING/ FIELDING Rounder's	INVASION Hockey	ATHLETICS	MULTI-SPORTS
2	INVASION Benchball	NET/WALL Volleyball	HEALTH & FITNESS	INVASION Basketball	NET/WALL Tennis/Table tennis	STRIKING/ FIELDING Cricket	INVASION Handball	NET/WALL Badminton	STRIKING/ FIELDING Rounder's	INVASION Hockey	ATHLETICS	MULTI-SPORTS
3	INVASION Benchball	NET/WALL Volleyball	HEALTH & FITNESS	INVASION Basketball	NET/WALL Tennis/Table tennis	STRIKING/ FIELDING Cricket	INVASION Handball	NET/WALL Badminton	STRIKING/ FIELDING Rounder's	INVASION hockey	ATHLETICS	MULTI-SPORTS

4	INVASION Benchball/ Handball	NET/WALL Volleyball	HEALTH & FITNESS	INVASION Football	NET/WALL Tennis/Table tennis	STRIKING/ FIELDING Cricket	INVASION Basketball	NET/WALL Badminton	STRIKING/ FIELDING Rounder's	INVASION hockey	ATHLETICS	MULTI-SPORTS
5	INVASION Benchball	NET/WALL Volleyball	HEALTH & FITNESS	INVASION Basketball	NET/WALL Tennis/Table tennis	STRIKING/ FIELDING Cricket	INVASION Handball	NET/WALL Badminton	STRIKING/ FIELDING Rounder's	INVASION Hockey	ATHLETICS	MULTI-SPORTS
6	INVASION Benchball	NET/WALL Volleyball	HEALTH & FITNESS	INVASION Basketball	NET/WALL Tennis/Table tennis	STRIKING/ FIELDING Cricket	INVASION Handball	NET/WALL Badminton	STRIKING/ FIELDING Rounder's	INVASION Hockey	ATHLETICS	MULTI-SPORTS
7	INVASION Benchball	NET/WALL Volleyball	HEALTH & FITNESS	INVASION Basketball	NET/WALL Tennis/Table tennis	STRIKING/ FIELDING Cricket	INVASION Handball	NET/WALL Badminton	STRIKING/ FIELDING Rounder's	INVASION Hockey	ATHLETICS	MULTI-SPORTS

US Curriculum

Cambridge National level1/2 Sports Science

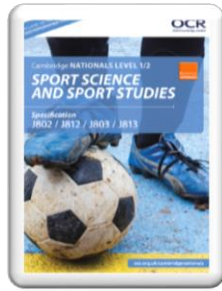
<p>R041: Reducing the risk of sports injuries - Written paper (1 hour 60 marks)</p> <p>Learning Outcome 1: Understand different factors which influence the risk of injury</p> <p>Learning Outcome 2: Understand how appropriate warm up and cool down routines can help to prevent injury</p> <p>Learning Outcome 3: Know how to respond to injuries within a sporting context</p> <p>Learning Outcome 4: Know how to respond to common medical conditions</p>	<p>R042: Applying principles of training</p> <p>Learning Outcome 1: Know the principles of training in a sporting context</p> <p>Learning Outcome 2: Know how training methods target different fitness components</p> <p>Learning Outcome 3: Be able to conduct fitness tests</p> <p>Learning Outcome 4: Be able to develop fitness training programmes</p>	<p>R043: The body's response to physical activity</p> <p>Learning Outcome 1: Know the key components of the musculo-skeletal and cardio-respiratory systems, their functions and roles</p> <p>Learning Outcome 2: Understand the importance of the musculo-skeletal and cardio-respiratory systems in health and fitness</p> <p>Learning Outcome 3: Be able to assess the short-term effects of physical activity on the musculo-skeletal and cardio-respiratory systems</p> <p>Learning Outcome 4: Be able to assess the long-term effects of physical activity on the musculo-skeletal and cardio-respiratory systems</p>	<p>R045: Sports nutrition</p> <p>Learning Outcome 1: Know about the nutrients needed for a healthy, balanced diet</p> <p>Learning Outcome 2: Understand the importance of nutrition in sport</p> <p>Learning Outcome 3: Know about the effects of a poor diet on sports performance and Participation</p> <p>Learning Outcome 4: Be able to develop diet plans for performers</p>
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GROUP	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
<p>OPTIONS 1/2</p> <p>Year 1</p>	<p>RO42: The Principles of Training</p> <p>Students focus on fitness components, fitness testing, training methods and principles of training to improve weaknesses.</p> <p>Students learn how to conduct fitness tests alongside implementing a suitable training program.</p> <p>Coursework(Internally Assessed)</p>	<p>RO42: The Principles of Training</p> <p>Students focus on fitness components, fitness testing, training methods and principles of training to improve weaknesses.</p> <p>Students learn how to conduct fitness tests alongside implementing a suitable training program.</p> <p>Coursework(Internally Assessed)</p>	<p>RO43: The Bodies Response to Physical Activity</p> <p>Students to build upon knowledge gained in POT unit to explain the short and long-term effects of exercise.</p> <p>Students learn how to conduct suitable activities to assess the short and long-term effects of exercise.</p> <p>Coursework(Internally Assessed)</p>	<p>RO43: The Bodies Response to Physical Activity</p> <p>Students to build upon knowledge gained in POT unit to explain the short and long-term effects of exercise.</p> <p>Students learn how to conduct suitable activities to assess the short and long-term effects of exercise.</p> <p>Coursework(Internally Assessed)</p>	<p>RO45: Sports Nutrition</p> <p>Students to understand the nutritional requirements of physical activity before, during and after exercise.</p> <p>Students learn to implement a dietary plan for different athletes.</p> <p>Coursework(Internally Assessed)</p>	<p>RO45: Sports Nutrition</p> <p>Students to understand the nutritional requirements of physical activity before, during and after exercise.</p> <p>Students learn to implement a dietary plan for different athletes.</p> <p>Coursework(Internally Assessed)</p>
<p>OPTIONS</p> <p>Year 2</p>	<p>RO41: Reducing the Risk of Sports Injuries</p> <p>Students to learn about the different categories of sporting injuries and apply these to exam questions.</p> <p>Students learn how to prepare athletes for sporting activity alongside responding to a range of injuries.</p> <p>Written Exam (Externally Assessed)</p>	<p>RO41: Reducing the Risk of Sports Injuries</p> <p>Students to learn about the different categories of sporting injuries and apply these to exam questions.</p> <p>Students learn how to prepare athletes for sporting activity alongside responding to a range of injuries.</p> <p>Written Exam (Externally Assessed)</p>	<p>RO42: The Principles of Training</p> <p>Students focus on fitness components, fitness testing, training methods and principles of training to improve weaknesses.</p> <p>Students learn how to conduct fitness tests alongside implementing a suitable training program.</p> <p>Coursework(Internally Assessed)</p>	<p>RO43: The Bodies Response to Physical Activity</p> <p>Students to build upon knowledge gained in POT unit to explain the short and long-term effects of exercise.</p> <p>Students learn how to conduct suitable activities to assess the short and long-term effects of exercise.</p> <p>Coursework(Internally Assessed)</p>	<p>RO41: Reducing the Risk of Sports Injuries</p> <p>Resubmissions</p> <p>RO45: Sports Nutrition</p>	

Cambridge National level1/2 Sports Science

GROUP	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
8	<p>RO42: The Principles of Training</p> <p>Students focus on fitness components, fitness testing, training methods and principles of training to improve weaknesses.</p> <p>Students learn how to conduct fitness tests alongside implementing a suitable training program.</p>	<p>RO42: The Principles of Training</p> <p>Students focus on fitness components, fitness testing, training methods and principles of training to improve weaknesses.</p> <p>Students learn how to conduct fitness tests alongside implementing a suitable training program.</p>	<p>RO43: The Bodies Response to Physical Activity</p> <p>Students to build upon knowledge gained in POT unit to explain the short and long-term effects of exercise.</p> <p>Students learn how to conduct suitable activities to assess the short and long-term effects of exercise</p>	<p>RO43: The Bodies Response to Physical Activity</p> <p>Students to build upon knowledge gained in POT unit to explain the short and long-term effects of exercise.</p> <p>Students learn how to conduct suitable activities to assess the short and long-term effects of exercise</p>	<p>RO45: Sports Nutrition</p> <p>Students to understand the nutritional requirements of physical activity before, during and after exercise.</p> <p>Students learn to implement a dietary plan for different athletes</p>	
9	<p>RO42: The Principles of Training</p> <p>Students focus on fitness components, fitness testing, training methods and principles of training to improve weaknesses.</p> <p>Students learn how to conduct fitness tests alongside implementing a suitable training program.</p>	<p>RO42: The Principles of Training</p> <p>Students focus on fitness components, fitness testing, training methods and principles of training to improve weaknesses.</p> <p>Students learn how to conduct fitness tests alongside implementing a suitable training program.</p>	<p>RO43: The Bodies Response to Physical Activity</p> <p>Students to build upon knowledge gained in POT unit to explain the short and long-term effects of exercise.</p> <p>Students learn how to conduct suitable activities to assess the short and long-term effects of exercise</p>	<p>RO43: The Bodies Response to Physical Activity</p> <p>Students to build upon knowledge gained in POT unit to explain the short and long-term effects of exercise.</p> <p>Students learn how to conduct suitable activities to assess the short and long-term effects of exercise</p>	<p>RO45: Sports Nutrition</p> <p>Students to understand the nutritional requirements of physical activity before, during and after exercise.</p> <p>Students learn to implement a dietary plan for different athletes</p>	
10	<p>RO42: The Principles of Training</p> <p>Students focus on fitness components, fitness testing, training methods and principles of training to improve weaknesses.</p> <p>Students learn how to conduct fitness tests alongside implementing a suitable training program.</p>	<p>RO42: The Principles of Training</p> <p>Students focus on fitness components, fitness testing, training methods and principles of training to improve weaknesses.</p> <p>Students learn how to conduct fitness tests alongside implementing a suitable training program.</p>	<p>RO43: The Bodies Response to Physical Activity</p> <p>Students to build upon knowledge gained in POT unit to explain the short and long-term effects of exercise.</p> <p>Students learn how to conduct suitable activities to assess the short and long-term effects of exercise</p>	<p>RO43: The Bodies Response to Physical Activity</p> <p>Students to build upon knowledge gained in POT unit to explain the short and long-term effects of exercise.</p> <p>Students learn how to conduct suitable activities to assess the short and long-term effects of exercise</p>	<p>RO45: Sports Nutrition</p> <p>Students to understand the nutritional requirements of physical activity before, during and after exercise.</p> <p>Students learn to implement a dietary plan for different athletes</p>	

Other Info



Course Leader: Christopher Caffrey
Email: chris.caffrey@lct.education
Exam Board: OCR

The OCR Sports Science course is part of the Cambridge Nationals and for those students who enjoy PE and want to learn more about theoretical elements.

What will I study?

Course content

The OCR Level 1/2 Cambridge National Award in Sport Science consists of two mandatory units.

Mandatory units

R041: Reducing the risk of sports injuries - Written paper (1 hour 60 marks)

R042: Applying principles of training - Centre assessed task (OCR moderated)

The OCR Level 1/2 Cambridge National Certificate in Sport Studies consists of two mandatory units and two optional units

Option units

R043: The body's response to physical activity - Centre assessed task (OCR moderated)

R045: Sports nutrition - Centre assessed task (OCR moderated)

How will I be assessed?

For R041, Reducing the risk of injuries in sport, there is a one hour written exam out of 60 marks.

For the remaining 3 units, students will be taught theoretical components and then complete centre assessed assignments as evidence for their coursework.

Students are assessed using both level 1 and level 2 criteria, depending on their level of detail, which will give them a mark for each unit out of 60.

Level 2 – Pass, Merit, Distinction, Distinction* (Equivalent GCSE Grades C – A*)

Level 1 – Pass, Merit, Distinction (Equivalent GCSE grades F-D)

Course Details

R041: Reducing the risk of sports injuries By completing this unit, learners will know how to prepare participants to take part in physical activity in a way which minimizes the risk of injuries occurring, how to react to common injuries that can occur during sport and how to recognize the symptoms of some common medical conditions, providing a good foundation to undertake formal first aid training and qualifications.

R042: Applying principles of training by completing this unit, learners will develop knowledge and understanding of the principles and methods of training and the application of these in the design of training programs along with practical skills in fitness testing.

R043: The body's response to physical activity By completing this unit, learners will understand key aspects of the structure and function of 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.

R045: Sports nutrition by completing this unit, learners will consider the composition of a healthy, balanced diet. They will also consider the necessity of certain nutrients in particular quantities and the effects of a poor diet. They will reflect upon the role that diet plays in different sports and activities, and use the knowledge gained to produce an appropriate, effective diet plan for a performer

To do well, you will need to...

You should have an interest in physical education and sport, enjoy being active and appreciate the benefits of keeping fit and healthy. Students will need to develop different types of skills through largely practical means; communication, problem solving, team working, evaluation and analysis.

Post 16 Opportunities:

National Diploma BTEC and Degrees in a variety of PE related subjects as well as careers in professional sports, coaching, fitness, leisure, education, sports science, physiotherapy and much more.