

The Curriculum Vision for Sports Science

The values of the Trust are Resilience, Compassion and Innovation. Our values are built on the principle of **Achieving More Together**.

With these values mind, we need to ensure that learners can achieve both currency and character. Enjoying and embracing their learning, regardless of their strengths and weaknesses. Our learners must be able to achieve qualifications that will support life chances, whilst being able to develop as individuals who have the characteristics that will allow them to integrate successfully into a Modern Britain.

Ormiston Beachcroft Programme of Education (PE)

Intent

Our curriculum intent in Sports Science is provide a broad and balanced curriculum that introduces learners to topics that incorporate applied anatomy and physiology, health, fitness and well-being and the use of data. Many of these topics have a cross curricular stream and are areas of study that will impact on their current and future lives.

We aim to provide an offer that allows all learners to progress their knowledge and learning of Physical Education so that they may have either an option to take it as a higher BTEC or A-Level within the sporting/leisure and fitness industry.

The opportunities to do a number of practical experiments that can support their learning in other subjects such as, science and maths is evident within the specification

Implementation

Utilising a range of sports and activities that can be performed both onsite and at local leisure centres and parks.

This is delivered by weekly time tabled lessons for KS4 when learners arrive, having participated in and have an interest in sport.

Future implementation of a short course is an option for those learners who join us late un the academic year.

Impact

Learners will develop an appreciation of the world they live in with regards to health/fitness and well-being and how current global trends can and will impact on their future lives with regards to healthy lifestyle choices.

Having experienced different sports and activities as well as gained an understanding of how skills can cross over into different areas.

Assessment in BTEC Sports Science

In Sports Science assessments take place in each term with formal assessment in terms 2, 4 and 6.

Key Stage 4 are assessed by completing a number of assignments and exam style questions throughout a topic, with marked and level pieces of work and exam papers being used to assess overall knowledge at end of each term.

The reason for this is to implement new learned areas of the curriculum into learners' memory and using past exam papers to assess prior learning and is it has been imbedded.

We moderate assessment in the following ways:

Continuous assessment through completion and recording of assignments, marked past exam papers as well as strictly run Mock Exams.

Rehearsed and assessed practical lessons where learners are given mark schemes and peer assessed in preparation for practical moderation.



Curriculum Map/Programme of Study

	<b>Term 1</b>	<b>Term 2</b>	<b>Term 3</b>	<b>Term 4</b>	<b>Term 5</b>	<b>Term 6</b>
<b>Year 10</b>	<b>Applying principles of training</b> Training methods and testing Key skills: observation, data handling, research and recording test results. Practical and theory.	<b>Applying principles of training</b> Training principles In conjunction with PEP Key skills: observation, data handling, research and recording test results. Practical and theory.	<b>: Reducing the risk of sports injuries</b>  Understand different factors which influence the risk of injury  Know how to respond to injuries within a sporting context	<b>Reducing the risk of sports injuries</b>  Understand how appropriate warm up and cool down routines can help to prevent injury	<b>Sport psychology</b>  Understand the relationship between personality and sports performance.	<b>Sport Psychology</b>  A continuation of the understanding of the importance of psychology in sport.
<b>Year 11</b>	<b>Applying principles of training</b> Training methods and testing Key skills: observation, data handling, research and recording test results. Practical and theory.	Training principles In conjunction with PEP Key skills: observation, data handling, research and recording test results. Practical and theory.	<b>: Reducing the risk of sports injuries</b>  Understand different factors which influence the risk of injury  Understand how appropriate warm up and cool down routines can help to prevent injury  Know how to respond to injuries within a sporting context	<b>Sport psychology</b>  Know how motivation can affect sports performance  Know how aggression can affect sports performance  Understand the impact of arousal and anxiety on sports performance  Be able to apply sport psychology strategies to enhance sports performance	<b>Sport psychology/Sports Nutrition</b>  Be able to apply sport psychology strategies to enhance sports performance  Understand the importance of nutrition in sport.	<b>Sports Nutrition</b>  Know about the nutrients needed for a healthy, balanced diet and how to improve performance through diet.

Qualifications offered:

<b>Level</b>	<b>Exam Board</b>	<b>Specification Code</b>	<b>Qualification title</b>
Cambridge Nationals 1/2	OCR	J802, J812	Cambridge Nationals Sport Science Level 1/2