

Physical Education Year 12 Curriculum Overview

What is the Year 12 Sport Science curriculum aiming to achieve?

What do we want our Year 10 Sportspeople to be like?	How are we building on prior learning?	How can parents/carers support their child's learning?
<ul style="list-style-type: none"> To have a students who are: Resilient and Confident learners. Inquisitive Problem Solvers. Have a passion for sport. Can apply the theory of sport in a sporting context. 	<ul style="list-style-type: none"> OCR Cambridge Nationals Level 2 Sport Science is delivered as an option at KS4. Pupils will have knowledge and understanding of Fitness and Training Principles, Body Systems and Injuries. 	<ul style="list-style-type: none"> Encourage your child to sign up / play for a sports team / activity outside school. Show an interest in their studies and ensure that their child is reinforcing the work they complete in class by participating in further research and revisiting notes. Ensure their child prepares thoroughly for end of unit tests, Period 10 assessments and all formal assessments.

How are we organising the Year 12 Sport Science curriculum?

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics	Unit 1: Body systems and the effects of physical activity. Unit 2: Sports coaching and activity leadership. Unit 3: Sports organisation and development.	Unit 1: Body systems and the effects of physical activity. Unit 2: Sports coaching and activity leadership. Unit 3: Sports organisation and development.	Unit 1: Body systems and the effects of physical activity. Unit 2: Sports coaching and activity leadership. Unit 3: Sports organisation and development.	Unit 1: Body systems and the effects of physical activity. Unit 2: Sports coaching and activity leadership. Unit 3: Sports organisation and development.	Unit 10: Biomechanics and Sports Movements. Unit 19: Sport and exercise Psychology.	Unit 10: Biomechanics and Sports Movements. Unit 19: Sport and exercise Psychology.
Threshold Concepts	Unit 1: In this unit you will gain an understanding of the structures and functions of the key body systems, how these support and impact performance in sport and physical activity and the effects that physical activity, training and lifestyle can have on them	Unit 2: The main part of the unit is related to you developing the skills and understanding necessary to effectively plan and deliver a series of sports or activity sessions reflecting on your own practice and using this feedback to improve your performance as a sports coach or activity leader	Unit 3: In this unit you will gain an understanding of the organisations involved in sport in the UK, their roles and responsibilities and how they work together. You will also gain an understanding of sports development, including the organisations involved, who sports development is targeted at and why, how sports development is carried out and how the success of sports development initiatives can be measured	Consolidation of knowledge. Evidencing knowledge in written form.	Unit 10: In this unit you will learn the axes and planes of movement, types of movement and levers that the body uses. You will also gain an understanding of Newton's Laws of Motion, forces and stability and how the application of these can affect a performer in a sporting environment. You will also learn how to analyse movement in order to improve the performance of an athlete or performer	Unit 19: In this unit you will learn different motivations that people have for participating in sport and exercise and how performance can be managed through an understanding of attribution theory, stress and group dynamics. You will also learn the impacts that participation in sport and exercise can have on a person's mental health and wellbeing, whether an elite performer or a member of the general public
Skills	A: Develop a range of skills through involvement in sport and physical activity in different contexts and roles	B: Develop their ability to apply theoretical knowledge to practical situations	C: Gain a better understanding of the complexity of different areas of sport and the sports industry	D: Increase their awareness of different ways to stay involved in sport and physical activity and of different careers and roles within sport.	Skills A/B/C/D are taught throughout the entirety of the course.	Skills A/B/C/D are taught throughout the entirety of the course.
Enrichment within the curriculum	At Pershore High School there are a range of opportunities to participate in your favourite sport or to try out a new one. The school compete in the SWSSA District leagues, and enter teams into the County Cup Competitions. The department runs a highly popular inter-house competition calendar. Competitions usually take place at the end of each half-term, with additional competitions ran to complement national sporting weeks. 6 th Form Rec is an elective that pupils can sign up. This allows them full use of the sports facilities and to pick and choose which activities they wish to take part in.					
Cross curricular links	We pride on our ability to incorporate extra-curricular links. We will be making links to Biology, Geography, Music, Maths and this will be integrated into our teaching.					

Extra-curricular opportunities	Extra-curricular clubs and fixtures are offered during lunchtimes and after school, students will have the opportunity to train and play for a number of teams including: Netball, Hockey, Football, Rugby, Cross-country, Athletics, Rounders, Basketball, Dance, Cricket, Badminton, Trampo-lining, Tennis and Table Tennis. PHS actively promotes engagement within the community and has a number of school club links.
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What are the intended outcomes of the Year 12 Sport Science curriculum?						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Opportunities to show progress (Assessments)	Unit 2: Coursework Assignments Internally marked / Externally moderated. Unit 1 and Unit 3: Period 10 / End of Unit Tests.	Unit 2: Coursework Assignments Internally marked / Externally moderated. Unit 1 and Unit 3: Period 10 / End of Unit Tests.	Unit 2: Coursework Assignments Internally marked / Externally moderated. Unit 1 and Unit 3: Period 10 / End of Unit Tests.	Unit 2: Coursework Assignments Internally marked / Externally moderated. Unit 1 and Unit 3: Period 10 / End of Unit Tests.	Unit 1 and Unit 3: Formal Assessment. Unit 1 – 1 hour 30 mins – 70 marks. Unit 3 – 1 hour – 60 marks.	Unit 10 and Unit 19 – Coursework Assignments – Internally marked / Externally moderated.
Impact on personal development (SMSC)	Students will learn the importance that physical activity can have on their physical, social and mental well-being... They will gain an appreciation of the moral and ethical issues surrounding sport and physical activity. Students will be familiar with current initiatives regarding sports participation.					
Preparation for the next stage of education	The KS5 Cambridge Technical is a vocational qualification, has been designed to improve pupils knowledge and understanding of the health and fitness industry.. It is hoped that pupils will gain a positive experience of sport, and this will encourage a sporting habit for life. Pupils will be able to carry on their study of sport at University or follow a career within the sport and leisure industry.					