

Curriculum plan: OCR Cambridge Technical Extended Certificate in Sport and Physical Activity

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INTENT:



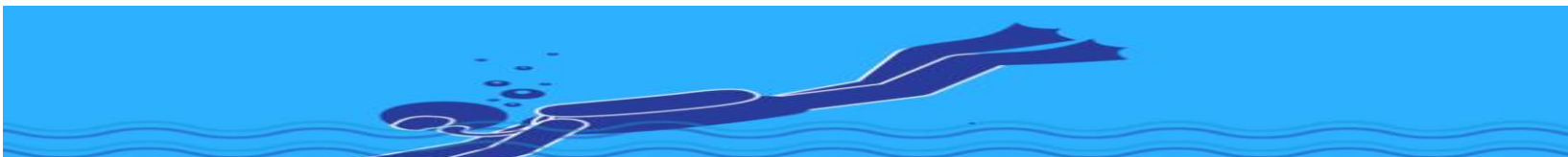
“Physical fitness is not only one of the most important keys to a healthy body, it is the basics of dynamic creative intellectual activity”

J F Kennedy

Physical education supports the curriculum vision for all young people to become confident, connected, actively involved, lifelong learners. PE helps students to develop the skills, knowledge and competencies to live a health and physically active lives at school and for the years to come.

The King's aims to develop, support and continue a pathway into sport and exercise through an enthusing, inspiring curriculum as well as extra-curricular programme that also aims to support school-community club links. At The King's, whether your passion is in invasion games, net and ball games, strike and field games, track and field athletics, gymnastic based or swimming, students can learn transferable, cognitive and social skills.

Students will be able to apply these skills into a plethora of conditioned or competitive situations, this development can help lead to improved physical, mental and social health whilst exposing them to a future hobby or career, we encourage our students to approach all physical activity with a positive attitude and an open mind, we guide students to independently develop their skillset and explore different ways to utilize the skills we develop like teamwork, cooperation, communication, creativity and leadership.



*****Please click on the icons to access our online portal where you can learn more about each topic*****

Half term points	
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AUTUMN 1

AUTUMN 2

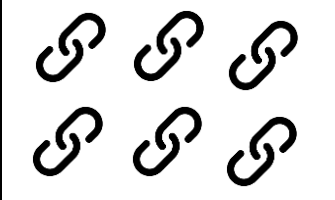
SPRING 1

SPRING 2

SUMMER 1

SUMMER 2	
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Unit 1: Body systems and the effects of physical activity



Learning to include:

- The structure of the skeleton
- The function of the skeleton and the link to types of bone
- Classification of joints
- The types, structures and functions of synovial joints
- Joint movements
- Structure and function of the vertebral column
- The impact of physical activity, training and lifestyle on the skeletal system
- The main muscles acting at synovial joints
- Types of muscle function
- Types of muscle contraction
- Structure and function of muscle fibre types
- Link between mix of fibre types and performance
- The impact of physical activity, training and lifestyle on the muscular system.
- The structures of the heart and their roles
- Stroke volume, heart rate and cardiac output
- Structure of blood vessels
- Components and function of blood

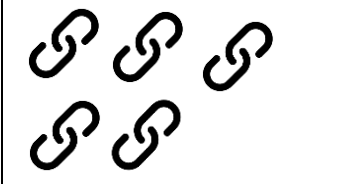
Unit 1: Body systems and the effects of physical activity



Learning to include:

- The structures of the lungs and their roles
- Respiratory muscles used during exercise
- The mechanics of breathing
- Gaseous exchange in the alveoli
- Tidal volume, breathing frequency and minute ventilation
- The impact of physical activity, training and lifestyle on the respiratory system.
- The three energy systems
- The energy continuum
- The recovery process for each energy system.

Unit 3: Sports organisation and development



Learning to include:

- Organisations involved in sport in the UK
- Roles and responsibilities of sports organisations in the UK
- International organisations which impact UK sport
- How different organisations interact
- What sports development is
- The purpose of sports development
- The sports development continuum levels
- Target groups

Unit 3: Sports organisation and development		
1	2	3



Learning to include:

- Possible measures of sports development
- Methods of measuring sports development
- Purpose of measuring sports development
- Methods of delivering sports development
- Characteristics of sports development initiatives and events
- Advantages and disadvantages of sports development initiatives and events
- Benefits of sports development

Unit 18: Practical skills in sport and physical activity

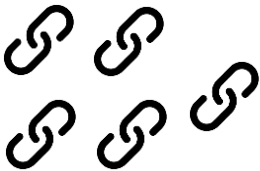
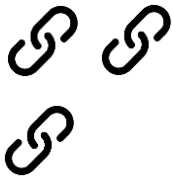

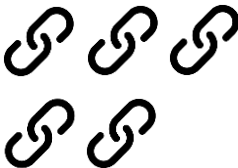





Learning to include:

Completion of
outstanding coursework
and practical moderation

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	<ul style="list-style-type: none"> - Vascular shunt mechanism and the role of arterioles and pre capillary sphincters - The impact of physical activity, training and lifestyle on the cardiovascular system. <p>Unit 18: Practical skills in sport and physical activity</p> <p>Learning to include:</p> <ul style="list-style-type: none"> - Applying skills, techniques and tactics in an individual sport <p>Unit 17: Sports injuries and rehabilitation</p>  <p>Learning to include:</p> <ul style="list-style-type: none"> - The definitions of chronic and acute sports injury - Common causes of chronic sports injuries - Common causes of acute sports injuries - The signs and symptoms of common chronic sports injuries 	<p>Unit 18: Practical skills in sport and physical activity</p> <p>Learning to include:</p> <ul style="list-style-type: none"> - Applying skills, techniques and tactics in a team sport <p>Unit 17: Sports injuries and rehabilitation</p>  <p>Learning to include:</p> <ul style="list-style-type: none"> - Appropriate courses of action immediately following an acute sports injury - Emergency Action Plan - The different agencies and professionals that could be involved in the treatment of sports injuries - The way in which each of the identified agencies or 	<p>Unit 18: Practical skills in sport and physical activity</p> <p>Learning to include:</p> <ul style="list-style-type: none"> - Applying skills, techniques and tactics in outdoor and adventurous activities <p> YouTube</p> <p>Project 1: Units 6, 7, 12, 13 and 14</p>  <p>Project 1:</p> <p>Learning to include:</p> <ul style="list-style-type: none"> - Components of a balanced diet - Nutritional requirements for different groups - Importance of hydration - Energy balance and hydration needs across different sports - Supplement use and the impact on performance in sport or exercise 	<p>Unit 18: Practical skills in sport and physical activity</p> <p>Learning to include:</p> <ul style="list-style-type: none"> - Being able to officiate in sport and physical activity <p> YouTube  YouTube</p> <p>Project 1: Units 6, 7, 12, 13 and 14</p>  <p>Project 1:</p> <p>Learning to include:</p> <ul style="list-style-type: none"> - Identifying and selecting music that can be used in group exercise sessions - Methods of collecting participant information and assessments to be conducted before participation in group exercise to music 	<p>Unit 18: Practical skills in sport and physical activity</p> <p>Learning to include:</p> <ul style="list-style-type: none"> - Revision of all key content in preparation for May / June final exam <p>Project 1: Units 6, 7, 12, 13 and 14</p>  <p>Project 1:</p> <p>Learning to include:</p> <ul style="list-style-type: none"> - Identifying and selecting music that can be used in group exercise sessions - Methods of collecting participant information and assessments to be conducted before participation in group exercise to music 	<p>Project 1: Units 6, 7, 12, 13 and 14</p>  <p>Project 1:</p> <p>Learning to include:</p> <ul style="list-style-type: none"> - Delivering safe and effective group exercise to music sessions - Bringing group exercise to music sessions to a timely conclusion including an
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<ul style="list-style-type: none"> - The signs and symptoms of common acute sports injuries - Possible psychological effects of suffering a sports injury - Extrinsic factors which can influence the risk of injury - Intrinsic factors which can influence the risk of injury - Steps that can be taken to minimise the risk of sports injuries - Safety measures which are intrinsic to sports 	<ul style="list-style-type: none"> - professionals could support rehabilitation from sports injury - Under what circumstances an injured person might seek out external help - The different types of treatment that can be used to support rehabilitation from sports injury - The physiological response to each of the rehabilitation techniques - The indications for and against each identified treatment for a range of common sports injuries - Different grades of muscle injury - Different phases of treatment - Exercises that can be used as part of a rehabilitation programme - Client based factors when planning a sports injury rehabilitation programme - Assessing the needs of a client - Planning a clients rehabilitation programme - Considerations of possible adaptations to programme if it does not work as planned 	<ul style="list-style-type: none"> - The psychological factors that affect people's eating habits - Why eating disorders are more common in some sports and the effect on performance - Types of group exercise sessions and the effect of music 	<ul style="list-style-type: none"> - Collecting participation information and conducting appropriate assessments before planning a group exercise to music session 	<ul style="list-style-type: none"> - Collecting participation information and conducting appropriate assessments before planning a group exercise to music session 	<ul style="list-style-type: none"> - appropriate cool down - Effective communication skills and motivational methods during the delivery of a group exercise to music session - Evaluating the planning and delivery of group exercise to music sessions - Suggesting changes to future group exercise to music sessions with justification - Health and safety considerations when setting up and taking down equipment in active leisure - Procedures for different types of active leisure equipment if found to be damaged or faulty - Potential health and safety and business impacts of damaged or faulty equipment being used by customers - Carrying out routine maintenance checks on active leisure equipment - Safely storing different types of active leisure equipment - Cleaning and tidying operations in an active leisure environment - Setting up and taking down different types of active leisure equipment
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	<p>Project 1: Units 6, 7, 12, 13 and 14</p> <p>Project 1: Learning to include:</p> <ul style="list-style-type: none"> - Active leisure organisations and the role they have in the community - The facilities and activities offered in active leisure and the staff involved in them - How active leisure organisations measure success - The needs and expectations of different types of customers who use active leisure services - The importance of customer care and being 'people-centred' to the success of active leisure organisations - The standards of cleanliness in an active leisure organisation and the impact on customers - The impact of customer care on the success of active leisure organisations in an individual sport <p> YouTube</p> <p> YouTube</p>	<p>Project 1: Units 6, 7, 12, 13 and 14</p> <p>Learning to include:</p> <ul style="list-style-type: none"> - Applying skills, techniques and tactics in a team sport 	<p>Unit 20: Sport and exercise sociology</p> <p>Learning to include:</p> <ul style="list-style-type: none"> - Sociological theories - Application of theories to sport including strengths and weaknesses 	<p>Sport and exercise sociology</p> <p>Learning to include:</p> <p>Types of media and how they cover sport</p> <ul style="list-style-type: none"> - The influence of the media on sport and society 	<p>Sport and exercise sociology</p> <p>Learning to include:</p> <ul style="list-style-type: none"> - Sociological issues including gender, deviance, socioeconomic issues, racial/cultural issues, political issues and legal issues - Strategies to overcome sociological issues in sport 	<p>Sport and exercise sociology</p> <p>Learning to include:</p> <ul style="list-style-type: none"> - Impact of sport and exercise on society inclusive both positive and negative impacts
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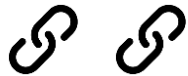
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Half term points

AUTUMN 1

Unit 2: Sports coaching and activity leadership



Learning to include:

- Roles of sports coaches and activity leaders
- Responsibilities of sports coaches and activity leaders
- How the roles and responsibilities involved in teaching and delivering sport differ
- Principles of leadership
- Group dynamics
- Attributes of coaches and leaders



AUTUMN 2

Unit 2: Sports coaching and activity leadership



Learning to include:

- Methods for identifying strengths and weaknesses in skills, techniques and deployment of tactics
- Classification of skills and its links to types of practice
- Methods for measuring improvement in skills, techniques and deployment of tactics
- Review participant needs considering which could influence coaching sessions
- Key considerations when planning sports / activity sessions



SPRING 1

Unit 2: Sports coaching and activity leadership



Learning to include:

- Preparing equipment for sports / activity sessions
- Preparing the environment for sports / activity sessions
- Assessing and minimising risks before sports / activity sessions
- Appropriate safeguarding policies and procedures
- Preparing participants for sports / activity sessions
- Delivering warm up activities which are appropriate for the participants and session
- Delivering sports activity sessions
- Concluding coaching sessions
- Reviewing sport / activity sessions



SPRING 2

Unit 8: Organisation of sports events



Learning to include:

- Types of events
- Purpose of sports events
- Roles
- Responsibilities of each identified role
- Plan an event
- Promote an event

SUMMER 1

Unit 8: Organisation of sports events

Learning to include:

- Delivery of an event
- Review the planning and delivery of a sports event
- Methods to review a sports event

SUMMER 2

13

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