

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

CONNECTED

INTENT:



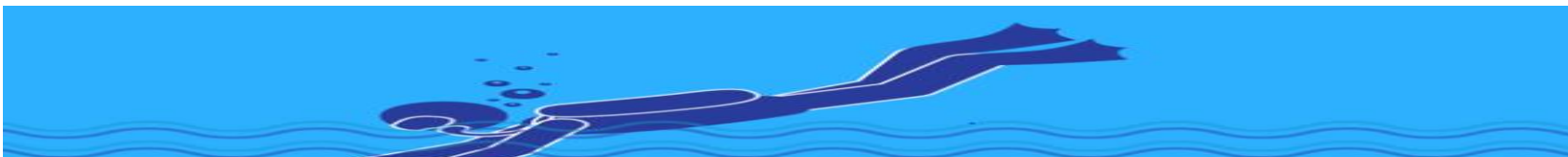
“Physical fitness is not only one of the most important keys to a healthy body, it is the basics of dynamic creative intellectual activity”

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.

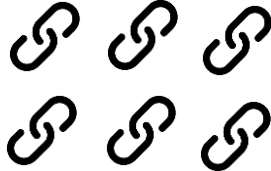

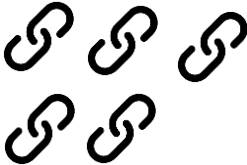
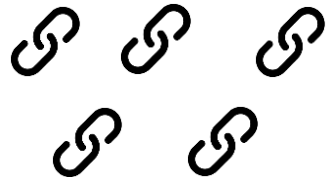
Students will be able to apply these skills into a plethora of conditioned or competitive situations, this development can help lead to improved physical, mental and social health whilst exposing them to a future hobby or career, we encourage our students to approach all physical activity with a positive 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*****

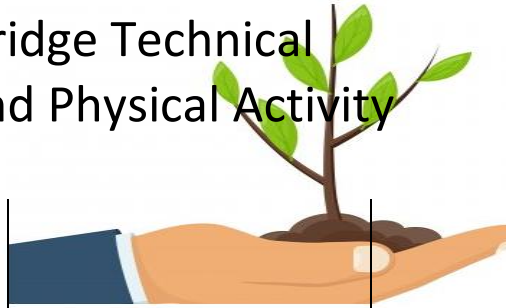
Half term points	
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Half term points					
AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Unit 1: Body systems and the effects of physical activity  Learning to include: <ul style="list-style-type: none">- The structure of the skeleton- The function 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	Unit 1: Body systems and the effects of physical activity  Learning to include: <ul style="list-style-type: none">- 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: <ul style="list-style-type: none">- 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  Learning to include: <ul style="list-style-type: none">- 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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- 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
- Vascular shunt mechanism and the role of arterioles and pre capillary sphincters
- The impact of physical activity, training and lifestyle on the cardiovascular system.

Unit 18: Practical skills in sport and physical activity

Learning to include:

- Applying skills, techniques and tactics in an individual sport



Unit 18: Practical skills in sport and physical activity

Learning to include:

- Applying skills, techniques and tactics in a team sport

Unit 18: Practical skills in sport and physical activity

Learning to include:

- Applying skills, techniques and tactics in outdoor and adventurous activities



Unit 18: Practical skills in sport and physical activity

Learning to include:

- Being able to officiate in sport and physical activity



Unit 18: Practical skills in sport and physical activity

Learning to include:

- Revision of all key content in preparation for May / June final exam










Learning to include:

- Completion of outstanding coursework and practical moderation

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	Half term points					
	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
13	Unit 2: Sports coaching and activity leadership   Learning to include: <ul style="list-style-type: none"> - 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 	Unit 2: Sports coaching and activity leadership  Learning to include: <ul style="list-style-type: none"> - 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 	Unit 2: Sports coaching and activity leadership  Learning to include: <ul style="list-style-type: none"> - 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 	Unit 8: Organisation of sports events   Learning to include: <ul style="list-style-type: none"> - Types of events - Purpose of sports events - Roles - Responsibilities of each identified role - Plan an event - Promote an event 	Unit 8: Organisation of sports events Learning to include: <ul style="list-style-type: none"> - Delivery of an event - Review the planning and delivery of a sports event - Methods to review a sports event 	

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