

**SUBJECT:** *Physical Education***Key Stage 4: Curriculum Intent (BRIEF):**

	Year 10: <i>Cambridge Nationals Sports Studies</i>	Year 11: <i>Cambridge Nationals Sports Studies</i>	Year 10: <i>GCSE PE</i>	Year 11: <i>GCSE PE</i>
Autumn 1	<p><b>R185 – Performance and Leadership in Sports Activities</b></p> <p><b>Topic Area 1 –</b> Key Components of performance.</p> <p>1.1 – Performance in two selected activities</p> <p>1.2 – Participating in your activities</p> <p>1.3 – Decision-making during performance</p> <p>1.4 – Managing and maintaining performance in individual activity</p> <p>1.5 – Your role and contribution to team activities.</p> <p><b>Topic Area 2 –</b> Applying practice methods to support improvement in a sporting activity.</p> <p>2.1 – Strengths and weaknesses of sports performance.</p> <p>2.2 - Methods to improve performance.</p>	<p><b>R186 – Sport and the Media</b></p> <p><b>Topic Area 2 –</b> Positive effects of the media</p> <p>2.1 – The positive relationship between the media and sport</p> <p>2.2 – Positive impacts of the media in sport</p>	<p><b>Physical training – Paper 1: The human body and movement in physical activity and sport.</b></p> <p><b>Brief explanation of content covered.</b></p> <ul style="list-style-type: none"> <li>• Health and fitness recap, including the relationship between health and fitness.</li> <li>• The components of fitness.</li> <li>• Linking sports and activities to the required components of fitness.</li> <li>• Reasons for and limitations of fitness testing.</li> <li>• Measuring the components of fitness and demonstrating how data is collected.</li> <li>• The principles of training and overload.</li> <li>• Types of training with reference to the advantages and disadvantages of using these types for different sports.</li> <li>• Calculating intensities.</li> </ul>	<p><b>Paper 2: Socio-cultural influences and well-being in physical activity and sport.</b></p> <ul style="list-style-type: none"> <li>• Engagement patterns and the factors affecting them</li> <li>• Commercialisation, sponsorship and the media.</li> <li>• Positive and negative impacts of technology/</li> <li>• Conduct of performers and introduction to drugs.</li> <li>• Sporting examples of drug taking.</li> <li>• Advantages and disadvantages of drug taking.</li> <li>• Spectator behaviour and hooliganism, including strategies to combat hooliganism.</li> </ul>

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	2.3 – Measuring improvement in performance.		<ul style="list-style-type: none"> <li>• Considerations to prevent injury.</li> <li>• High altitude training and seasonal aspects.</li> <li>• Warming up and cooling down.</li> </ul>	
Autumn 2	<p><b>R185 – Performance and Leadership in Sports Activities</b></p> <p><b>Topic Area 2</b> – Applying practice methods to support improvement in a sporting activity.</p> <p>2.1 – Strengths and weaknesses of sports performance. 2.2 - Methods to improve performance. 2.3 – Measuring improvement in performance.</p> <p><b>Topic Area 3</b> – Organising and planning a sports activity session.</p> <p>3.1 – Organisation of a sports activity session. 3.2 – Safety considerations when planning a sports activity session. 3.3 – Objectives to meet the needs of the group.</p> <p><b>Topic Area 4</b> - Leading a sports activity session.</p>	<p><b>R186 – Sport and the Media</b></p> <p><b>Topic Area 3</b> – Negative effects of the media</p> <p>3.1 – The negative effects of the media on sport in relation to spectators and live sport 3.2 – Negative impacts of the media on sports and sports performers</p>	<p><b>Physical training – Paper 1: The human body and movement in physical activity and sport.</b></p> <p><b>Brief explanation of content covered.</b></p> <ul style="list-style-type: none"> <li>• Health and fitness recap, including the relationship between health and fitness.</li> <li>• The components of fitness.</li> <li>• Linking sports and activities to the required components of fitness.</li> <li>• Reasons for and limitations of fitness testing.</li> <li>• Measuring the components of fitness and demonstrating how data is collected.</li> <li>• The principles of training and overload.</li> <li>• Types of training with reference to the advantages and disadvantages of using these types for different sports.</li> <li>• Calculating intensities.</li> </ul>	<p><b>Movement analysis – Paper 1: The human body and movement in physical activity and sport.</b></p> <p><b>Brief explanation of content covered.</b></p> <ul style="list-style-type: none"> <li>• Lever systems and mechanical advantages.</li> <li>• Analysis of basic movements in sporting examples – including revision of joints/muscles/bones.</li> <li>• Planes and axes.</li> </ul>

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	<p>4.1 – Organisation of a sports activity session.</p> <p>4.2 – Leading a sports activity session.</p>		<ul style="list-style-type: none"> <li>• Considerations to prevent injury.</li> <li>• High altitude training and seasonal aspects.</li> <li>• Warming up and cooling down.</li> </ul>	
Spring 1	<p><b>R185 – Performance and Leadership in Sports Activities</b></p> <p><b>Topic Area 4</b> - Leading a sports activity session.</p> <p>4.1 – Organisation of a sports activity session.</p> <p>4.2 – Leading a sports activity session.</p>	<p><b>R184 – Contemporary Issues in Sport</b></p> <p><b>Topic Area 1</b> – Issues which affect participation in sport</p> <p>1.1 – User groups</p> <p>1.2 – Possible barriers</p> <p>1.3 – Possible barrier solutions</p> <p>1.4 – Factors which can positively and negatively impact upon the popularity of sport in the UK</p> <p>1.6 - Emerging/new sports in the UK</p> <p><b>Topic Area 2</b> – The role of sport in promoting values</p> <p>2.1 – Values in sport</p> <p>2.2 – The Olympic and Paralympic movement</p> <p>2.3 – Sporting values initiative and campaigns</p> <p>2.4 – The importance of etiquette and sporting behaviour</p> <p>2.5 – Use of PEDs in sport</p>	<p><b>Coursework - Analysis and evaluation of performance to bring about improvement in one activity.</b></p> <p>Students assessed on their analysis (15 marks) and evaluation (10 marks) of performance to bring about improvement in one activity.</p> <p><b>Analysis</b> – strengths and weaknesses (15 marks)</p> <ul style="list-style-type: none"> <li>• Strength 1 = fitness component</li> <li>• Strength 2 = skill/technique</li> <li>• Weakness 1 = fitness component</li> <li>• Weakness 2 = skill/technique</li> </ul>	<p><b>Practical performance in physical activity and sport.</b></p> <p><b>Brief explanation of content covered.</b></p> <p>Preparation and analysis will take place prior to an external moderator visiting from AQA.</p> <ul style="list-style-type: none"> <li>• Practical performance in 3 different physical activities in the role of player/performer</li> <li>• 1 team activity</li> <li>• 1 individual activity</li> <li>• 1 in either a team or in an individual activity.</li> </ul>

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Spring 2	<p><b>R185 – Performance and Leadership in Sports Activities</b></p> <p><b>Topic Area 5</b> – Reviewing your own performance in planning and leading a sports activity session.</p> <p>5.1 -Review your leadership of a sports activity session.</p>	<p><b>R184 – Contemporary Issues in Sport</b></p> <p><b>Topic Area 3</b> – The implications of hosting a major sporting event for a city or country</p> <p>3.1 – The features of a major sporting event 3.2 – Positive and negative pre-event aspects of hosting a major sporting event 3.3 – Positive and negative aspects of hosting a major sporting event</p> <p><b>Topic Area 4</b> – National Governing Bodies</p> <p>4.1 – What NGBs do for their sport</p> <p><b>Topic Area 5</b> – The use of technology in sport</p> <p>5.1 – The role of technology in sport 5.2 – Positive and negative effects of the use of technology in sport</p>	<p><b>Coursework - Analysis and evaluation of performance to bring about improvement in one activity.</b></p> <p><b>Evaluation</b> – the use of theoretical principles to cause improvement (10 marks)</p> <ul style="list-style-type: none"> <li>• Action plan</li> <li>• Explanation of how additional specification content could lead to improvement of the identified weakness.</li> </ul>	<p><b>Recap of content for paper 1:</b></p> <ul style="list-style-type: none"> <li>• Applied anatomy and physiology.</li> <li>• Movement analysis.</li> <li>• Physical training.</li> </ul> <p><b>Recap of content for paper 2:</b></p> <ul style="list-style-type: none"> <li>• Health, fitness and well-being.</li> <li>• Sports psychology.</li> <li>• Socio-cultural influences.</li> </ul>
Summer 1	<p><b>R185 – Performance and Leadership in Sports Activities</b></p> <p>Improvements</p>	<p><b>R184 – Contemporary Issues in Sport</b></p> <p>Exam techniques, revision and final preparations.</p>	<p><b>Sports Psychology – Paper 2: Socio-cultural influences and well-being in physical activity and sport.</b></p> <p><b>Brief explanation of content covered.</b></p>	<p><b>Exam techniques, coursework completion, practical grade decisions and final preparations.</b></p>

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			<ul style="list-style-type: none"> <li>• Arousal and the inverted U theory.</li> <li>• Application of how optimal arousal has to vary in relation to the skill/stress management techniques.</li> <li>• Definition of and types of goals.</li> <li>• The use of and evaluation of setting performance and outcome goals.</li> <li>• The use of SMART targets to improve/optmise performance.</li> <li>• Basic information processing model.</li> <li>• Identifying examples of, and evaluate, the effectiveness of types of guidance and feedback.</li> </ul>	
Summer 2	<b>R186 – Sport and the Media</b>  <b>Topic Area 1</b> – Different sources of the media  1.1 – Distinguish between different media sources and how they cover sport.	<b>R184 – Contemporary Issues in Sport</b>  Exam techniques, revision and final preparations.	<b>Sports Psychology – Paper 2: Socio-cultural influences and well-being in physical activity and sport.</b>  <b>Brief explanation of content covered.</b> <ul style="list-style-type: none"> <li>• Arousal and the inverted U theory.</li> <li>• Application of how optimal arousal has to vary in</li> </ul>	<b>Exam techniques, coursework completion, practical grade decisions and final preparations.</b>

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			<p>relation to the skill/stress management techniques.</p> <ul style="list-style-type: none"> <li>• Definition of and types of goals.</li> <li>• The use of and evaluation of setting performance and outcome goals.</li> <li>• The use of SMART targets to improve/optmise performance.</li> <li>• Basic information processing model.</li> <li>• Identifying examples of, and evaluate, the effectiveness of types of guidance and feedback.</li> </ul>	
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## Key Stage 5: Curriculum Intent (BRIEF):

	Year 12: <i>Cambridge Technical Sports Studies</i>	Year 13: <i>Cambridge Technical Sports Studies</i>
Autumn 1	<b>Unit 2 – Sports Coaching and Activity Leadership</b> <ul style="list-style-type: none"> <li>• The roles and responsibilities of sports coaches/activity leaders</li> <li>• The principles which underpin coaching/leading</li> <li>• Methods to improve skills, techniques and tactics</li> <li>• Plan sports activity sessions</li> <li>• Prepare sports and activity environments</li> <li>• Delivery sports activity sessions</li> <li>• Review sports activity sessions</li> </ul>	<b>Unit 3 – Sports Organisation and Development</b> <ul style="list-style-type: none"> <li>• Understand how sport in the UK is organised.</li> <li>• Understand sports development</li> <li>• Understand how the impact of sports development can be measured</li> <li>• Understand sports development in practice</li> <li>• Organisations involved in sport in the UK</li> <li>• Roles and responsibilities of sports organisations in the UK</li> <li>• International organisations which impact UK sport</li> <li>• How the different organisations interact</li> <li>• What sports development is</li> </ul>

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		<ul style="list-style-type: none"> <li>• 2.2 The purpose of sports development</li> <li>• The sports development continuum levels</li> <li>• Target groups</li> <li>• Possible measures</li> <li>• Purpose of measurement</li> <li>• Methods of delivering sports development</li> <li>• Characteristics of sports development initiatives and events</li> <li>• Advantages and disadvantages of sports development</li> <li>• Benefits of sports development</li> </ul> <p><b>Unit 18 – Practical Skills in Sport and Physical Activity</b></p> <ul style="list-style-type: none"> <li>• Be able to apply skills, techniques and tactics in an individual sport.</li> <li>• Be able to apply skills, techniques and tactics in a team sport.</li> </ul>
Autumn 2	<b>Unit 2 – Sports Coaching and Activity Leadership</b> <ul style="list-style-type: none"> <li>• Continued</li> </ul>	<b>Unit 3 – Sports Organisation and Development</b> <ul style="list-style-type: none"> <li>• Continued</li> </ul> <p><b>Unit 18 – Practical Skills in Sport and Physical Activity</b></p> <ul style="list-style-type: none"> <li>• Continued</li> </ul>
Spring 1	<b>Unit 1 – Body Systems and the Effects of Physical Activity</b> <ul style="list-style-type: none"> <li>• Skeletal system</li> <li>• Muscular system</li> <li>• Cardiovascular system</li> <li>• Respiratory system</li> <li>• Energy systems</li> </ul>	<b>Unit 8 – Organisation of Sports Events</b> <ul style="list-style-type: none"> <li>• The different types of sports events and their purpose</li> <li>• The different roles and responsibilities involved in the planning and delivery of sports events</li> <li>• Plan and promote a sports event</li> <li>• Participate in the delivery of a sports event</li> <li>• Review the planning and delivery of a sports event</li> </ul> <p><b>Unit 18 – Practical Skills in Sport and Physical Activity</b></p> <ul style="list-style-type: none"> <li>• Continued</li> </ul>
Spring 2	<b>Unit 1 – Body Systems and the Effects of Physical Activity</b>	<b>Unit 8 - Organisation of Sports Events</b>

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	<ul style="list-style-type: none"> <li>Continued</li> </ul>	<ul style="list-style-type: none"> <li>Continued</li> </ul> <b>Unit 18 - Practical Skills in Sport and Physical Activity</b> <ul style="list-style-type: none"> <li>Continued</li> </ul>
Summer 1	<b>Unit 1 – Body Systems and the Effects of Physical Activity</b> <ul style="list-style-type: none"> <li>Revisions and Exam Techniques</li> </ul>	<b>Unit 8 - Organisation of Sports Events</b> <ul style="list-style-type: none"> <li>Continued</li> </ul> <b>Unit 18 - Practical Skills in Sport and Physical Activity</b> <ul style="list-style-type: none"> <li>Continued</li> </ul>
Summer 2	<b>Unit 1 – Body Systems and the Effects of Physical Activity</b> <ul style="list-style-type: none"> <li>Revisions and Exam Techniques</li> </ul> <b>Start of Year 13 content after exam</b>	Students will be finished by May 2020