



ASPIRE • BELIEVE • ACHIEVE



Curriculum Overview: Sport

Year 10/11 Autumn Term 1			
What are we learning?	What knowledge, understanding and skills will we gain?	What does excellence look like?	What additional resources are available?
RO51 – contemporary issues in sport	<p>Knowledge</p> <ul style="list-style-type: none"> • Issues that affect participation • Promoting values in sport • Hosting major events • National governing bodies in sport <p>Understanding</p> <ul style="list-style-type: none"> • User groups and their barriers • Values that can be promoted through sport • Benefits and drawbacks of major events • What governing bodies do in sport <p>Skills</p> <ul style="list-style-type: none"> • Applying knowledge to exam questions • Creating revision materials to support exam 	<p>Enthusiasm contemporary issues in sport</p> <p>Answering exam questions to access full marks available</p> <p>The ability to understand the importance of contemporary issues in sport and how they affect the performers and the reputation of the sport itself</p> <p>100% effort and dedication to RO51 and its content</p> <p>Curiosity.</p>	<p>Keyword resources</p> <p>Past exam papers https://www.ocr.org.uk/qualifications/cambridge-nationals/sport-studies-level-1-2-j803-j813/assessment/</p>

Curriculum Overview: Sport

Year 12 Autumn Term			
What are we learning?	What knowledge, understanding and skills will we gain?	What does excellence look like?	What additional resources are available?
Unit 1 –Anatomy and Physiology	<p>Knowledge</p> <ul style="list-style-type: none"> • Skeletal system • Muscular system • Respiratory system • Cardiovascular system • Energy system <p>Understanding</p> <ul style="list-style-type: none"> • Knowledge of the structure, function, responses and adaptations during exercise for all of the above <p>Skills</p> <ul style="list-style-type: none"> • Content recall • Memorising the systems • Justifying your answer to meet exam criteria 	<p>Enthusiasm for body systems</p> <p>Effectively apply knowledge of systems under exam conditions</p> <p>The ability to understand the function of the systems and how this might respond of adapt during exercise</p> <p>Structuring an answer to meet exam criteria</p> <p>Resilience and organisation</p>	<p>Past exam papers</p> <p>https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.coursematerials.html#filterQuery=category:Pearson-UK:Category%2FSpecification-and-sample-assessments</p>

Curriculum Overview: Sport

Year 13 Autumn Term			
What are we learning?	What knowledge, understanding and skills will we gain?	What does excellence look like?	What additional resources are available?
Unit 2 – Fitness training and programming for health, sport and wellbeing	<p>Knowledge</p> <ul style="list-style-type: none"> • Positive/negative lifestyle factors and modifications • Balanced diet • Components of fitness and their training methods • Training plan <p>Understanding</p> <ul style="list-style-type: none"> • How all of the above can effect a training programme <p>Skills</p> <ul style="list-style-type: none"> • Analysing data and screening results • Justifying your answer to meet exam criteria 	<p>Enthusiasm for personal training</p> <p>Effectively analyse information supplied in Part B</p> <p>The ability to understand the importance of health screening, modification techniques and different training methods</p> <p>Structuring an answer to meet exam criteria</p> <p>Adaptability</p>	<p>Past exam papers Part A and B</p> <p>https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.coursematerials.html#filterQuery=category:Pearson-UK:Category%2FSpecification-and-sample-assessments</p>