

Curriculum Aims and Purpose

Sport Studies provides students with the opportunity to further develop their understanding of sport practically and theoretically. This hands-on approach allows students to not only to enhance their physical performance but nurture skills such as teamwork, communication and leadership attributes that extend beyond the classroom. Sports Studies provides students with a deeper understanding of the impact of sport on individuals and the communities.

The Sports Studies course is built on KS3 knowledge and serves as a progressive and development pathway extending and building upon the understanding acquired during the Physical Education Mastery curriculum. The introduction of more advanced techniques and strategies in a variety of sports ensures a seamless transition for students and a deeper understanding. Students

The sports studies curriculum goes beyond traditional classroom boundaries by not only promoting physical well-being but also essential life skills such as leadership, discipline, resilience, and teamwork developing students character preparing them for challenges and responsibilities they will face in the real world.

Sport studies lends itself to a range of careers in sports and fitness these include Physiotherapist, Professional sports person, Sports coach/consultant, Diet and fitness instructor and Personal trainer.

How our Curriculum inducts students into the discipline of the subject:

This gives students the chance to further pursue their interest in Sport and challenges their understanding of their own level of sporting performance, their leadership ability, and their theoretical understanding of different issues in sport including participation rates, Technology in sport and the involvement of the media in sport.

Year 10 Overview

Students will study 2 units - R185 - Performance and leadership in sport activities and R186: Sport and the media.

R185 -Students will display their level of performance, understanding how they perform and how they could develop further. In addition, they are required to demonstrate leadership ability within a sporting environment.

R186 - Students will demonstrate their understanding of how the media effects sport and the ever-growing influence of social media on the sporting world.

Half Term	Focus
1	R185 - Performance and leadership in sport activities - Topic 1, and 4 <ul style="list-style-type: none">• Students will perform Skills and drills in isolation and competitive situations.• Students will lead a sports activity of their choice. this includes warm up, progressive drills, conditioned games, and risk assessment.
2	R185 - Performance and leadership in sport activities - Topic 1, 4 and 5 <ul style="list-style-type: none">• Students will perform Skills and drills in isolation and competitive situations.• Students will lead a sports activity of their choice. this includes warm up, progressive drills, conditioned games, and risk assessment. Students will review their leadership performance.
3	R185 - Performance and leadership in sport activities – Topic 1 <ul style="list-style-type: none">• Students will learn how to perform skills and techniques in Badminton and how to apply strategies and tactics. R186 - Sport and the media-Topic 1 <ul style="list-style-type: none">• Students will learn to explore both sides of these media sources and apply real life examples to demonstrate the nature of the relationship between media and sport.
4	R186 - Sport and the Media - Topic 2 and 3 <ul style="list-style-type: none">• Students will learn to explore the effects of media sources and apply real life examples to demonstrate the nature of the relationship between media and sport.
5	R185 - Performance and leadership in sport activities - Topic 2 <ul style="list-style-type: none">• Students will apply practice methods to support improvement in a selected sport.
6	R185 - Performance and leadership in sport activities Topic 2 <ul style="list-style-type: none">• Students will apply practice methods to support improvement in a selected sport.

Homework

- Homework is set weekly on carousel learning, for approximately 1 hour, based on the unit being taught.

Useful resources:

- The Sports Rules Book.
- <http://www.slideshare.net/PEEDC/skills-and-techniques> (Skill/techniques Training)
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Assessment

- Students will complete mandatory OCR set assignments relating to individual Units/Topics

Year 11 Overview

Students will study 3 units R185 - Performance and leadership in sport activities, R186 -: Sport and the media and R184: Contemporary issues in sport.

R185 -Students will display their level of performance, understanding how they perform and how they could develop further.

R186- Students will demonstrate their understanding of how the media effects sport and the ever-growing influence of social media on the sporting world.

R184 – Students will display their knowledge of a range of contemporary issues in sport such as participation trends, sporting values, major sporting events, NGB and technology in sport.

Half Term	Focus
1	R185 - Performance and leadership in sport activities - Topic Area 1 <ul style="list-style-type: none">Students will perform Skills and drills in isolation and competitive situations. Topic Area 1 R186 -: Sport and the media <ul style="list-style-type: none">Students will learn to explore both sides of these media sources and apply real life examples to demonstrate the nature of the relationship between media and sport
2	R186 - Sport and the Media - Topic 2 and 3 <ul style="list-style-type: none">Students will learn to explore the effects of media sources and apply real life examples to demonstrate the nature of the relationship between media and sport.
3	Unit R184: Contemporary issues in sport <ul style="list-style-type: none">Students will learn about a range of topical and contemporary issues in sport, relating to participation levels and barriers, promotion of values and ethical behaviour.
4	Unit R184: Contemporary issues in sport <ul style="list-style-type: none">Students will learn about a range of topical and contemporary issues in sport, relating to the role of high-profile sporting events, the role of national governing bodies and how technology is used within sport.

Homework

- Homework is set weekly on carousel learning, for approximately 1 hour, based on the unit being taught.

Useful resources:

- www.youthsporttrust.org (Youth Sport Trust)
- <http://www.wsff.org.uk/resources/how-women-experience-sport-and-fitness/barriers-to-sports-participation-for-wom> (barriers in Sport)
- <https://olympics.com> (Olympics)

Assessment

Students will complete mandatory OCR set assignments relating to individual Units/Topics and an external Exam.