Curriculum Overview – Physical Education - OCR Sport Science

Year	Overview	Autumn 1 (Weeks 1 – 7)	Autumn 2 (Weeks 8 – 14)	Spring 1 (Weeks 15 - 20)	Spring 2 (Weeks 21 - 25)	Summer 1 (Weeks 26 - 32)	Summer 2 (Weeks 33 - 38)	Student Resources
10	The Cambridge National in Sport Science will encourage students to understand and apply the fundamental principles and concepts of Sport Science. The course aims to develop independence and confidence in using skills that are relevant to the Exercise, Physical Activity and Sport sector. By the end of year 10, students will have had the opportunity to apply knowledge learnt by completing the compulsory set assignment. Transition to year 11 begins by gaining the theoretical knowledge required for the completion of the final optional unit.	**R181 – Applying the principles of training and how it effects skill performance** In this unit students will learn how to conduct a range of fitness tests, what they test and their advantages and disadvantages. Students will also learn how to design, plan and evaluate a fitness training programme. This will give the background knowledge needed to be able to plan and deliver appropriate fitness tests, some of which will be adapted to suit the skills of a specific sporting activity. Students will learn how to interpret the data collected from fitness tests and learn how best to feed this back so that participants can go on to make informed decisions about their fitness training. **Topic area 1** – Components of fitness applied in sport **Topic area 2** – Principles of training in sport **Topic area 3** – Organising and planning a fitness training programme **Topic area 4** – Evaluate performance in planning and delivery of a training programme **Assessment: This is assessed by a set assignment** **– Internally assessed / moderated by OCR** **- PSA release annually (June)** **- PSA submission January or June following release** **- Weighting: 80 marks**				**R182 – The bodies response to physical activity and how technology informs this** In this unit students will learn to understand how both the cardio-respiratory and musculo-skeletal systems provide energy and movements needed to keep athletes exercising and in turn how exercise helps develop both systems. **Topic area 1** – The cardio-respiratory system and how the use of technology supports different types of sports and their intensities. **Topic area 2** – The musculo- skeletal system and how the use of technology supports different types of sports and their movements. **Assessment** **– Internally assessed / moderated by OCR** **- PSA release annually (June)** **- PSA submission January or June following Release** **- Weighting: 40 marks**		**Level 1/Level 2 Cambridge National in Sport Science (J828): Second Edition** Ross Howitt, Mike Murray
11	In Year 11, students complete their final coursework unit. The focus of this unit is the bodies response to physical activity and how technology informs this. Students will investigate the short- and long-term effects of exercise on the body's functionality. They will explore how a range of technology can be used to monitor and analyse performance during physical activity. Their final unit of study is the examination unit. Students will investigate common medical problems and strategies to reduce the risk of injury.	**Continuation of R182 – The bodies response to physical activity and how technology informs this** **Topic Area 3**: Short-term effects of exercise on the cardio-respiratory and musculo-skeletal systems **Topic Area 4**: Long-term effects of exercise on the cardio-respiratory and musculo-skeletal systems **Topic Area 3**: Short-term effects of exercise on the cardio-respiratory and musculo-skeletal systems **Topic Area 4**: Long-term effects of exercise on the cardio-respiratory and musculo-skeletal systems **Assessment** **– Internally assessed / moderated by OCR** **- PSA release annually (June)** **- PSA submission January or June following Release** **- Weighting: 40 marks**		**Unit R180 – Reducing the risk of sports injuries and dealing with common medical conditions** In this unit you will learn how to prepare participants to take part in sport and physical activity in a way which minimises the risk of injuries occurring; prepare them to be able to respond to common injuries that can occur during sport and physical activity and to recognise the symptoms of some common medical conditions. **Topic area 1** – Different factors which influence the risk and severity of injury **Topic area 2** – Warm up and cool down routines **Topic area 3** – Different types and causes of sports injuries **Topic area 4** – Reducing risks, treatment and rehabilitation of sport injuries and medical conditions **Assessment: This is assessed by a written exam** **- Terminal assessment, June exam series in year 11** **- Weighting: 70marks / Time allocation: 1hr 15minutes** **Section A** – This will have a total of 25 marks, made up of an MCQ style questions and a number of short to medium response questions. **Section B** – This will have context-based questions. Students will be presented with a short scenario and will apply their knowledge of sport concepts to produce relevant responses. It will include short/medium answer questions, extended response analysis and evaluation questions				**Cambridge National in Sport Science Student book** Layla Green, Andy Neal, Keith Smith, Brett Sutcliffe