

## What are the aims and intentions of this curriculum?

This course provides an engaging and relevant introduction to the world of sport. It incorporates important aspects of the industry, such as fitness testing and training for sport and exercise, the psychology of sport, practical sports performance and sports leadership. It enables students to develop and apply their knowledge, while also developing a range of relevant practical, communication and technical skills. Students will study three mandatory units, covering the underpinning knowledge and skills required for the sports sector:

- Fitness for sport and exercise
- Practical performance in sport
- Applying the principles of personal training.

Students will build on the knowledge gained in the mandatory units by studying one further unit, 'Leading Sports Activities'

Term	Topics	Knowledge and key terms	Skills developed	Assessment
Autumn 1	<b>Unit 2: Practical Sport Performance</b>	This unit introduces students to a variety of different sports and, through participating in different sports, it is expected that they will develop knowledge of the associated rules, regulations, scoring systems, skills, techniques and tactics.  <b>PSHE- the introduction and exposure to new activities.</b>	This unit focuses on developing and improving practical sports performance.  In learning aim A, students will investigate the rules and regulations of a sport and apply the knowledge gained through observing officials in action.	Internally assessed unit
Autumn 2	<b>Unit 2: Practical Sport Performance</b>		For learning aim B, students will take part in a variety of sports. Students are required to demonstrate the skills, techniques and tactics within each of the sports selected for assessment.	Internally assessed unit
Spring 1	<b>Unit 2: Practical Sport Performance</b>		<b>PSHE – This unit allows students to demonstrate skills and abilities through sport, these practical skills help to increase activity level and promote a healthier lifestyle.</b>  For learning aim C, students will review their performance in the sports in which they participated. This review will look at the strengths and areas for development within their own performance.  <b>Careers – This key ability to reflect and evaluate performance is a important quality of any sports leader and can be used in job roles such as , personal training and elite level coaching.</b>	Internally assessed unit
Spring 2	<b>Unit 6: Leading Sport Activities</b>	This unit introduces students to sports leadership, enabling them to start on the ladder of leadership and coaching, through delivering components of sports sessions and whole activity sessions.	For learning aim A, students will be introduced to the attributes required to be a successful sports leader, giving them knowledge of the skills, qualities and responsibilities associated with success in sports leadership.	Internally assessed unit
Summer 1	<b>Unit 6: Leading Sport Activities</b>		<b>PSHE – this unit allows students to practice and demonstrate key qualities of a sports leader, these qualities however are influential in all aspects of learning</b>	Internally assessed unit

			and future development. This unit helps to build emotional intelligence and creates opportunity for social interactions.	
Summer 2	<b>Unit 6: Leading Sport Activities</b>		<p>Learning aim B enables students to consider the planning and leadership requirements for delivering sports activities.</p> <p>For learning aim C, students will evaluate their own effectiveness as a sports leader within the session they planned and delivered.</p>	Internally assessed unit