

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	Unit 2: Practical Performance in Sport	Revision of Practical Performance in Sport assignments	In learning aim A, students will investigate the rules and regulations of a sport and apply the knowledge gained through observing officials in action. 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. For learning aim C, students will review their performance in the sports in which they participated.	Unit 2: Internally assessed unit
Autumn 2	Unit 2: Practical Performance in Sport and Unit 1: Fitness for Sport and Exercise	Revision of Fitness for Sport and Exercise assignments	In learning aim A students will cover the components of physical and skill-related fitness and the principles of training. Learning aim B explores different fitness training methods for developing components of fitness, and for learning aim C students will gain knowledge and skills in undertaking and administering fitness tests.	Unit 1: Externally assessed unit
Spring 1	Unit 6: Leading Sports Activities and Unit 3: Applying the Principles of Personal Training	Revision of Unit 6: Leading Sports Activities assignments	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. Learning aim B enables students to consider the planning and leadership requirements for delivering sports activities. For learning aim C, students will evaluate their own effectiveness as a sports leader within the session they planned and delivered.	Unit 6: Internally assessed unit

Spring 2	Unit 6: Leading Sports Activities and Unit 3: Applying the Principles of Personal Training	Revision of Unit 3: Applying the Principles of Personal Training assignments	<p>Learning aim A takes students through the stages of designing a personal fitness training programme, where they can select a component of fitness and an appropriate method of training to improve or maintain fitness levels safely.</p> <p>For learning aim B, students will gain awareness of the musculoskeletal and cardiorespiratory body systems and how they respond during the exercise.</p> <p>In learning aim C, students will implement their personal fitness training programme, maintaining a training diary.</p>	Unit 3: Internally assessed synoptic unit
Summer 1	Unit 6: Leading Sports Activities and Unit 3: Applying the Principles of Personal Training			Unit 3: Internally assessed synoptic unit