

Subject Leader

Danny Page

National Curriculum

Sport in years 7, 8 and 9 is a combination of enrichment and learning basic skills in sport.

Key stage 4 offers the BTEC Level 1 in Sport and Active Leisure which supports students' learning and development.

Curriculum Intent

To offer an alternative to academic core subjects and develop real-life practical and transferable skills that will last a lifetime; these will also include soft skills such as self-esteem building, teamwork, self-control, creativity and problem solving.

To offer students meaningful and relevant qualifications that can be built upon in their post-16 provisions. This will be achieved through a wide range of teaching & nurturing styles and a variety of learning contexts.

Curriculum Implementation

		Term	Content/Topics	Assessment
Years 7,8,9	Autumn Term	1	<p>Introduction to sports</p> <ul style="list-style-type: none"> • Dressing appropriately for sports activities • How to be a team player • Following rules <p>Themed sport:Hockey & Dodgeball Focus:Warm ups Activities:Games & Fitness.</p>	Ongoing formative assessment during both practical and theory sessions
		2	<p>Continuation of: Introduction to sports</p> <ul style="list-style-type: none"> • Using different skills and techniques during games and activities • Using sports equipment safely • Demonstrating safe practices <p>Themed sport:Hockey & Dodgeball Focus:Cool downs Activities:Games & Fitness</p>	Ongoing formative assessment during both practical and theory sessions

Spring Term	3	<p>Working on strengths and weaknesses</p> <ul style="list-style-type: none"> Identify strengths and implement them into game settings Identify areas for improvement, create strategies and implement these into practices and game settings <p>Themed sport:Football & Basketball. Focus:Teamwork. Activities:Games & Fitness.</p>	Ongoing formative assessment during both practical and theory sessions
	4	<p>Continuation of: Working on strengths and weaknesses</p> <ul style="list-style-type: none"> Identify strengths and implement them into game settings Identify areas for improvement, create strategies and implement these into practices and game settings <p>Themed sport:Football & Basketball. Focus:Winning/losing Activities:Games & Fitness.</p>	Ongoing formative assessment during both practical and theory sessions
Summer Term	5	<p>Games and competitions</p> <ul style="list-style-type: none"> Introduction to competitive sports Working as a team player Building confidence Building self belief Building confidence <p>Themed sport:Racket & Net, Bat & Field Focus:Rules Activities:Games & Fitness</p>	Ongoing formative assessment during both practical and theory sessions
	6	<p>Games and competitions</p> <ul style="list-style-type: none"> Identify how to be a good sports person Winning and losing gracefully Identify leadership skills Working on decision making 	Ongoing formative assessment during both practical and theory sessions

		<ul style="list-style-type: none"> • Being able to compete under pressure 	
Themed sport: Racket & Net, Bat & Field Focus: Rules Activities: Games & Fitness			

		Term	Content/Topics	Assessment (including formal exam options)
Year 10	Autumn Term	1	<p>Unit 11 - How the Body Works</p> <p>Know the functions of the skeletal and muscular systems</p> <ul style="list-style-type: none"> • Identify the structure and functions of the skeleton • Identify the structure and functions of the muscular system <p>Know the functions of the cardiorespiratory systems</p> <ul style="list-style-type: none"> • Identify the structure and functions of the heart <p>Themed sport: Hockey & Dodgeball Activity: Fitness Testing</p>	<p>As per BTEC Sport and Active Leisure criteria</p> <p>Completion of student workbook</p> <p>Taking part in both practical and theory sessions</p>
		2	<p>Continuation of: Unit 11 - How the Body Works</p> <p>Know the functions of the cardiorespiratory systems</p> <ul style="list-style-type: none"> • Identify the structure and functions of the lungs <p>Know the requirements of a healthy diet</p> <ul style="list-style-type: none"> • Identify the different nutrients for a healthy diet • Identify functions of each nutrient for a healthy diet. <p>Themed sport: Hockey & Dodgeball Activity: Fitness Testing</p>	<p>As per BTEC Sport and Active Leisure criteria</p> <p>Completion of student workbook</p> <p>Taking part in both practical and theory sessions</p>

Spring Term	3	<p style="text-align: center;">Unit 10 - Taking Part in Exercise and Fitness</p> <p>Know about different exercise and fitness activities</p> <ul style="list-style-type: none"> • Describe different exercise and fitness activities • Identify different exercise and fitness facilities <p>Know how to take part in exercise and fitness safely</p> <ul style="list-style-type: none"> • Describe and induction process for an exercise fitness activity • Describe warm up and cool down activities <p>Themed sport: Football & Basketball Activity: Fitness Testing</p>	<p>As per BTEC Sport and Active Leisure criteria</p> <p>Completion of student workbook</p> <p>Taking part in both practical and theory sessions</p>
	4	<p style="text-align: center;">Continuation of: Unit 10 - Taking Part in Exercise and Fitness</p> <p>Be able to demonstrate work skills through participation in exercise and activities</p> <ul style="list-style-type: none"> • Time management skills • Appropriate dress for the activity • Following instructions provided by the activity leader • Following health and safety guidelines before, during and after activities <p>Themed sport: Football & Basketball Activity: Fitness Testing</p>	<p>As per BTEC Sport and Active Leisure criteria</p> <p>Completion of student workbook</p> <p>Taking part in both practical and theory sessions</p>
Summer Term	5	<p style="text-align: center;">Unit: First aid</p> <p>Topic: Asthma</p> <p>Objectives/Activities to cover</p> <ul style="list-style-type: none"> • Recognise when someone is having an asthma attack • Respond appropriately to someone who is having an asthma attack. <p>Topic: Minor bleeding</p>	<p>As per St John Ambulance criteria</p> <p>Completion of both theory and practical tasks</p>

	<p>Objectives/Activities to cover</p> <ul style="list-style-type: none"> Recognise and respond appropriately to someone who has a minor bleed Understand the risk of cross infection and know how to minimise this risk. <p>Topic: Bone muscle and joint injuries</p> <p>Objectives/Activities to cover</p> <ul style="list-style-type: none"> Recognise when someone has a fractured bone, dislocation injury, sprain or strain Respond appropriately to someone who has a fractured bone, dislocation injury, sprain or strain. <p>Topic: Coping in an emergency</p> <p>Objectives/Activities to cover</p> <ul style="list-style-type: none"> Manage an incident, minimising the risk to themselves Create an action plan to help them cope in an emergency. <p>Themed sport: Racket & Net, Bat & Ball Activity: Fitness Testing</p>	
6	<p>Continuation of, Unit: First aid</p> <p>Topic: First aid kits</p> <p>Objectives/Activities to cover</p> <ul style="list-style-type: none"> Identify the contents of a first aid kit Explain how each item may be used Explain the importance of having a first aid kit. <p>Topic: Fainting</p> <p>Objectives/Activities to cover</p> <ul style="list-style-type: none"> Recognise when someone feels faint or has fainted Respond appropriately to someone who feels faint or has fainted. 	<p>As per St John Ambulance criteria</p> <p>Completion of both theory and practical tasks</p>

		<p>Topic: Choking (Adults) Objectives/Activities to cover</p> <ul style="list-style-type: none"> Recognise when someone is choking Respond appropriately to someone who is choking. <p>Topic: Choking (infants) Objectives/Activities to cover Recognise when someone is choking Respond appropriately to someone who is choking.</p> <p>Themed sport: Racket & Net, Bat & Ball Activity: Fitness Testing</p>	
	Term	Content/Topics	Assessment (including formal exam options)
Year 11	Autumn Term	<p>1</p> <p>Unit 12 - Planning own fitness programme</p> <p>Know the components of physical fitness</p> <ul style="list-style-type: none"> Describe the components of physical fitness <p>Be able to assess own fitness level</p> <ul style="list-style-type: none"> Assess own fitness level <p>Be able to plan and use own fitness programme</p> <ul style="list-style-type: none"> With guidance, plan own fitness programme with set targets Use own fitness programme over a given period of time <p>Themed sport:Hockey & Dodgeball Activity: Fitness Testing</p>	<p>As per BTEC Sport and Active Leisure criteria</p> <p>Completion of student workbook Visit leisure centre establishments</p>

Spring Term	2	<p>Continuation of: Unit 12 - Planning own fitness programme</p> <p>Know how to overcome barriers that may affect achievement of fitness goals</p> <ul style="list-style-type: none"> Identify barriers to achieving fitness goals Identify ways to overcome barriers <p>Be able to review own fitness programme</p> <ul style="list-style-type: none"> Assess the results of own fitness programme <p>Themed sport:Hockey & Dodgeball Activity: Fitness Testing</p>	<p>As per BTEC Sport and Active Leisure criteria</p> <p>Completion of student workbook</p> <p>Visit leisure centre establishments</p>
	3	<p>Unit 17 - Job Opportunities in Sport and Active Leisure</p> <p>Know about job opportunities in sport and active leisure:-</p> <ul style="list-style-type: none"> Identify jobs in different sectors of sport and active leisure Describe the job roles in one sport and active leisure facility <p>Know about terms and conditions of employment within sport and active leisure</p> <ul style="list-style-type: none"> Describe the conditions of employment within sport and active leisure <p>Themed sport:Football & Basketball Activity: Fitness Testing</p>	<p>As per BTEC Sport and Active Leisure criteria</p> <p>Completion of student workbook</p> <p>Visit to employment organisations</p>
	4	<p>Continuation of: Unit 17 - Job Opportunities in Sport and Active Leisure</p> <p>Know about the qualifications and skills needed for jobs in sport and active leisure</p> <ul style="list-style-type: none"> Present information about the qualifications and skills required for selected jobs in sport and active leisure <p>Be able to start planning own career within sport and active leisure:-</p>	<p>As per BTEC Sport and Active Leisure criteria</p> <p>Completion of student workbook</p> <p>Visit to employment organisations</p> <p>Visit further education organisations</p>

		<ul style="list-style-type: none"> Produce a plan to start work within sport and active leisure <p>Themed sport:Football & Basketball Activity: Fitness Testing</p>	Undertake mock interviews
Summer Term	5	<p style="text-align: center;">Unit: First aid</p> <p>Topic: Resuscitation (Adult) Objectives/Activities to cover</p> <ul style="list-style-type: none"> Identify a life-threatening situation Perform chest compressions on a manikin Inflate the lungs of a manikin Perform cardiopulmonary resuscitation (CPR) in accordance with the current UK guidelines. <p>Topic: Resuscitation (infant and child) Objectives/Activities to cover</p> <ul style="list-style-type: none"> Identify a life-threatening situation Perform chest compressions on a manikin Inflate the lungs of a manikin Perform cardiopulmonary resuscitation (CPR) in accordance with the current UK guidelines <p>Topic: Recovery position Objectives/Activities to cover</p> <ul style="list-style-type: none"> Identify when a casualty should be put in the recovery position Place an unresponsive casualty in the recovery position <p>Topic: Spinal injuries Objectives/Activities to cover Know when to suspect a spinal injury Recognise when someone has a spinal injury</p>	<p>As per St John Ambulance criteria</p> <p>Completion of both theory and practical tasks</p>

	<p>Respond appropriately to someone who has a spinal injury.</p> <p>Themed sport:Racket & Net, Bat & Field Activity: Fitness Testing</p>	
6	<p>Continuation of, Unit: First aid</p> <p>Topic: Bleeding and shock Objectives/Activities to cover</p> <ul style="list-style-type: none"> • Understand the risk of cross infection and know how to minimise this risk. • Recognise and respond appropriately to someone who has a severe bleed, an embedded object in a wound or an amputated limb or part of a limb • Recognise and understand the effects of shock and be able to respond appropriately • Check for further injuries and have an awareness of the signs and symptoms of internal bleeding. <p>Topic: Head injuries Objectives/Activities to cover</p> <ul style="list-style-type: none"> • Recognise when someone has a head injury • Respond appropriately to someone who has a head injury • Understand the potentially serious nature of head injuries. <p>Topic: Chest pains Objectives/Activities to cover</p> <ul style="list-style-type: none"> • Recognise when someone has chest pains • Respond appropriately to someone who has chest pains. <p>Topic: Low blood sugar</p>	<p>As per St John Ambulance criteria</p> <p>Completion of both theory and practical tasks</p>

		<p>Objectives/Activities to cover</p> <ul style="list-style-type: none">• Recognise when someone has low blood sugar• Respond appropriately to someone who has low blood sugar <p>Themed sport:Racket & Net, Bat & Field Activity: Fitness Test</p>	
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