

St Gabriel's Curriculum Planning: OCR Cambridge Nationals- Sport Studies

| Intent | At St. Gabriel's the intent of our PE department is to provide our children with a fun, engaging and purposeful Physical Education which prepares our young learners for lifelong participation, living a healthy, active and fulfilling lifestyle. It is vital that our pupils gain a strong knowledge, skills and understanding of a wide range of sports and in doing so, promote diversity and different cultures. We pride ourselves on being respectful and upholding our core beliefs, Sporting and Catholic Values. | | | | | |
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| KS3 | Time | 10 | 11 | KS4 | KS5 | Careers |
| <p>Pupils should build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities.</p> <p>They should understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.</p> <p>Pupils should be taught to:</p> | HT1 7 weeks | <p>R184: Promoting Values (Approx 8 lessons)</p> <p>R185: Planning a session (Approx 10 lessons)</p> <p>R185: Badminton- 4 lessons</p> | <p>R186: Types of media- 4 lessons Positives of media in Sport.</p> <p>R184: Recap any misconceptions for mocks.</p> | <p>Learners have the opportunity to apply theoretical knowledge about different types of sport and physical activity, skills development and sports leadership to their own practical performance. They will learn about contemporary issues in sport such as funding, participation, ethics and role models, and sport and the media. Learners will develop an appreciation of the importance of sport locally and nationally, different ways of being involved in sport and of how this shapes the sports industry.</p> | <p>Pupils can then go on to study Level 2/3 qualifications at college.</p> | <p>Qualification gives an insight into careers in sport such as coach, drug testing, elite athletes, leisure facilities, national governing bodies, initiatives in sport at grass roots</p> |
| | HT2 8 weeks | <p>R184: Continued promoting values and Hosting major sporting events. (8 lessons)</p> <p>R185: Leading a session (2/3 lessons) Review of a session (4 lessons) <u>To submit in JAN Y11</u></p> <p>R185: Badminton- 4 lessons.</p> | <p>R184: Recap any misconceptions for mocks.</p> <p>R186: Negatives of media in Sport</p> <p>Any completion of R185/6 ready for submission.</p> | | | |
| | HT3 5 weeks | <p>R184: Continued hosting major sporting events and NGBs (4 lessons)</p> <p>R185: Evaluation of leading a session. (5 lessons)</p> <p>R185: Basketball/Netball- 3 lessons</p> | <p>R184: LO1-5 revision</p> <p>R185/R186: Any feedback from moderator reports to improve on evidence.</p> | | | |

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| <ul style="list-style-type: none"> -use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. -develop their technique and improve their performance in other competitive sports -perform dances using advanced dance techniques within a range of dance styles and forms -take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group -analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best -take part in competitive sports and activities outside school through | HT4 | <p>R184: The use of technology may need extra lesson to complete issues affecting participation. (Cut practical lesson)</p> <p>R185: Basketball/Netball- 3 lessons</p> <p>R185: Task 2</p> | <p>R184: Identify any misconceptions for June exam.</p> <p>R185/R186: Any feedback from moderator reports to improve on evidence.</p> | | | |
| | HT5 | <p>R184: Issues affecting participation</p> <p>R185: Athletics link to Sports leadership</p> <p>R185: Task 2</p> | <p>R184: Identify any misconceptions for June exam/Exam practice.</p> | | | |
| | HT6 | <p>R184: Technology may need extra lesson to complete issues affecting participation. (Cut practical lesson)</p> <p>R185: Athletics link to Sports leadership</p> <p>R185: Task 2/Logbooks</p> | | | | |

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| community links or sports clubs. | | | | | | |
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