

## Education Post 16 Curriculum Intent, Implementation and Impact Overview

### POST 16 – OCR SPORT CAMBRIDGE TECHNICAL LEVEL 3 SPORT AND PHYSICAL ACTIVITY

EXTENDED CERTIFICATE (SINGLE)				DIPLOMA (Double)			
1	M EXAM	90	Body Systems and the effects of physical activity	1	M EXAM	90	Body Systems and the effects of physical activity
2	M	90	Sports Coaching and activity leadership	2	M	90	Sports Coaching and activity leadership
3	M EXAM	60	Sports organisation and development	3	M EXAM	60	Sports organisation and development
18	M Coursework	60	Practical skills in sport and physical activities	4	M EXAM	90	Working safely in sport, exercise, health and leisure
19	O Coursework	60	Sport and exercise Psychology	5	M	60	Performance analysis in sport and exercise
				8	M	60	Organisation of Sports Events
				11	M	30	Physical Activity for specific groups
				17	M	60	Sport injuries and rehabilitation
				18	M	60	Practical skills in sport and physical activities
				13	O Coursework	60	Health & Fitness testing for sport and exercise
				19	O Coursework	60	Sport and exercise Psychology

Post 16 Extended Certificate & Diploma: Sport and Physical Activity IMPLEMENTATION					
<b>INTENT</b>  (including key concepts and skills)	<b>Unit 1: Body Systems and the effects of physical activity</b> <u>Context:</u> Skeletal, muscular, respiratory, cardiovascular and energy systems <u>Prior Learning</u> KS3/4 Science <u>Key Vocabulary:</u> Describe, Identify, Explain, Analyse	<b>Unit 2: Sports Coaching and activity Leadership</b> <u>Context:</u> Roles and responsibilities, improving skills, techniques and tactics, plan, prepare, deliver and review sport and activity sessions. <u>Prior Learning</u> KS3 theory <u>Key Vocabulary:</u> Describe, Compare, Explain, Demonstrate, Evaluate, Establish, Plan, Deliver, prepare. <u>Meaningful Employment</u> Work with a sports coach or PE teacher	<b>Unit 3: Sports organisation and development</b> <u>Context:</u> Organisation of sport, Impact of sports development, sports development in practice <u>Prior Learning</u> KS3/KS4 Core PE <u>Key Vocabulary:</u> Describe, Identify, explain, analyse	<b>Unit 18: Practical skills in sport and physical activities</b> <u>Context:</u> Individual and team sport and outdoor and adventurous activities <u>Prior Learning</u> KS3/KS4 core PE <u>Key Vocabulary:</u> Demonstrate, officiate, describe, justify	<b>Unit 19: Sport and exercise psychology</b> <u>Context:</u> Motivation, personality, stress, anxiety, arousal, drive <u>Prior Learning</u>  <u>Key Vocabulary:</u> Describe, explain, analyse, evaluate <u>Meaningful Employment</u> Sports psychologist visit
<b>Performance</b> Skills in isolation, conditioned practice and different games		X		X	
<b>Health &amp; Fitness</b> Warm up/Cool down Components of fitness training Methods and fitness testing	X	X		X	
<b>Leadership &amp; Character</b> Kit, team work, resilience, leading, engaged, winning/losing.		X		X	
<b>Knowledge &amp; Theory</b> Anatomy & physiology, Training & fitness, nutrition, Injuries	X	X	X	X	X
<b>IMPACT</b>	<u>Assessment:</u> Exam 90 Credits <u>Y12</u>	<u>Assessment:</u> Coursework 90 credits Y13	<u>Assessment:</u> Exam 60 Credits Y12	<u>Assessment:</u> Coursework 60 Credits Y13	<u>Assessment:</u> Coursework 60 Credits Y12

Cultural Capital is the body of knowledge a student needs so that they can flourish in the future and not be left behind. LTM = Long Term Memory.

## Physical Education Post 16 Curriculum Intent, Implementation and Impact Overview

POST 16 Diploma Additional Units: Sport and Physical Activity IMPLEMENTATION			
<b>INTENT</b>  (including key concepts and skills)	<b>Unit 4: Working safely in sport, exercise, health and leisure</b> <u>Context:</u> Emergency procedures, health and safety, minimising risk in sport, first aid, safeguarding <u>Prior Learning</u> OCR Cambridge National Sports Science - Sports injuries exam <u>Key Vocabulary:</u> Identify, Describe, Explain, Analyse, Justify	<b>Unit 5: Performance Analysis in sport and exercise</b> <u>Context:</u> Performance profiling, analysing performance, giving feedback <u>Prior Learning</u>  <u>Key Vocabulary:</u> Explain, Evaluate, Undertake, record, compare and contrast, justify, create, analyse.	<b>Unit 8: Organisation of Sports events</b> <u>Context:</u> Knowing different types of sports and events, Roles and responsibilities, delivery of events  <u>Prior Learning</u>  <u>Key Vocabulary:</u> Describe, outline, assess, plan, promote, explain, participate, evaluate, carry out
	<b>Performance</b> skills in isolation, conditioned practice and different games		
<b>Health &amp; Fitness</b> Warm up/Cool down Components of fitness training methods and fitness testing			
<b>Leadership &amp; Character</b> Kit, team work, resilience, leading, engaged, winning/losing.		X	X
<b>Knowledge &amp; Theory</b> Anatomy & physiology, training & fitness, nutrition, Injuries	X	X	X
<b>IMPACT</b>	<u>Assessment:</u> Exam 60 Credits <u>Y12</u>	<u>Assessment:</u> Coursework 60 credits Y12	<u>Assessment:</u> Coursework 60 Credits Y13

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**POST 16 Double Additional Units: Sport and Physical Activity  
IMPLEMENTATION**

<p align="center"><b>INTENT</b></p> <p align="center">(including key concepts and skills)</p>	<p align="center"><b>Unit 17: Sports injuries and rehabilitation</b></p> <p><u>Context:</u> Sports injuries, minimising risk, acute sports injuries, agencies who treat injuries, plan a rehabilitation programme</p> <p><u>Prior Learning</u> OCR Cambridge National in Sports Science - Sports Injuries exam</p> <p><u>Key Vocabulary:</u> Describe, Explain, Analyse, Anticipate, Plan, Create</p>	<p align="center"><b>Unit 11: Physical activity for specific groups</b></p> <p><u>Context:</u> Provision of physical activity for groups, benefits and barriers to participation, exercise referral, plan activity sessions</p> <p><u>Prior Learning</u></p> <p><u>Key Vocabulary:</u> Describe, Plan, Justify</p>	<p align="center"><b>Unit 13: Health and fitness testing for sport and exercise</b></p> <p><u>Context:</u> Fitness testing, client consultations, interpreting data</p> <p><u>Prior Learning</u> OCR Cambridge National Sports Science - R042 Principles of training</p> <p><u>Key Vocabulary:</u> Deliver, Devise, Design, Explain, Assess, Record, Interpret, Feedback</p>
<p><b>Performance</b> skills in isolation, conditioned practice and different games</p>			
<p><b>Health &amp; Fitness</b> Warm up/Cool down Components of fitness training methods and fitness testing</p>	X	X	X
<p><b>Leadership &amp; Character</b> Kit, team work, resilience, leading, engaged, winning/losing.</p>	X		X
<p><b>Knowledge &amp; Theory</b> Anatomy &amp; physiology, training &amp; fitness, nutrition, Injuries</p>	X	X	X
<p align="center"><b>IMPACT</b></p>	<p align="center"><u>Assessment:</u> Coursework 60 credits Y13</p>	<p align="center"><u>Assessment:</u> Coursework 30 Credits Y12</p>	<p align="center"><u>Assessment:</u> Coursework Y13</p>