

**All Hallows RC High School**

Specialising in Business, Enterprise & Sports



# **SPORTS SCIENCE CURRICULUM OVERVIEW**

**MR M TOMLINSON**

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**WE AIM FOR ALL HALLOWS RC**  
BUSINESS, ENTERPRISE AND SPORTS COLLEGE TO BE A  
**CATHOLIC SCHOOL**  
TO WHICH CHILDREN WISH TO COME  
TO WHICH PARENTS WISH TO SEND THEIR CHILDREN  
**AND WHERE TEACHERS**  
**WISH TO TEACH**

**OUR MISSION IS TO OFFER A**  
**HIGH QUALITY**  
**CATHOLIC EDUCATION**  
FOR ALL, IN AN ENVIRONMENT WHERE  
**GOSPEL VALUES** ARE CENTRAL  
TO TEACHING AND LEARNING  
**AND IN WHICH THE**  
**UNIQUE VALUE**  
**OF EACH PERSON IS**  
**RECOGNISED AND RESPECTED**

## Curriculum Intent

All children will experience a well-balanced and comprehensive curriculum that enhances informed, intellectual, developmental and moral character. As a result, this will improve life chances, interpersonal relationships, social mobility and preparedness for employment. Our curriculum will encourage everyone to have a positive impact on society.

By following the OCR Sports Science course learners will develop different types of skills through largely practical means; communication, problem solving, team working, evaluation and analysis, performing under pressure, and formulating written findings from practical investigation. These are all transferable skills which can be learned and assessed through the qualification and utilised in many other educational and employment settings. Students will appreciate that elite sport has embraced sport science disciplines wholeheartedly in the past few decades, moving from a perspective which assumed the primacy of natural talent in producing outstanding performance, to one which considers every minute detail of an athlete's training programme, rest time, environment and psychology in the pursuit of excellence.

The Cambridge Nationals in Sport Science offer learners the opportunity to study key areas of sport science including anatomy and physiology linked to fitness, health, injury and performance; the science of training and application of training principles, and psychology in sport and sports performance.

Sport is a key theme in most areas of both education and health policy. The need for people to lead healthy and active rather than sedentary lifestyles is increasingly prominent in respect of government initiatives, and this is reflected in the school curriculum, where physical education and sport remains core; these qualifications seek to build upon this provision at key stages 3 and 4.

## Our Aims

Taking part in sport and physical activity puts the body under stress. Knowing how to reduce the risk of injury when taking part in sport, and how to respond to injuries and medical conditions in a sport setting are, therefore, vital skills in many roles within the sport and leisure industry, whether you are a lifeguard, a steward at a sports stadium or a personal fitness instructor.

By completing this unit, learners will know how to prepare participants to take part in physical activity in a way which minimises the risk of injuries occurring, how to react to common injuries that can occur during sport and how to recognise the symptoms of some common medical conditions, providing a good foundation to undertake formal first aid training and qualifications.

## Attainment Targets - What we want them to accomplish

- Both qualifications have been designed with practical and engaging ways of teaching in mind and enable learners to:
- develop a range of skills through involvement in sport and physical activity in different contexts and roles
- develop their ability to apply theoretical knowledge to practical situations
- gain a better understanding of the complexity of different areas of sport and the sports industry
- increase their awareness of different ways to stay involved in sport and physical activity and of different careers and roles within sport.

## KS4 Order of Teaching 2021/2022

Year	Term 1		
10	Technology in Sport/ Body's Response to Exercise	Technology in Sport/ Body's Response to Exercise	Technology in Sport/ Body's Response to Exercise
11	Diet and Nutrition/ Exam Reset Prep If Needed	Diet and Nutrition/ Exam Reset Prep If Needed	Diet and Nutrition/ Exam Reset Prep If Needed

Year	Term 2		
9	Principles of Training L01	Principles of Training L01	Principles of Training L02
10	Exam Prep - Injury	Exam Prep - Injury	Exam Prep - Injury
11	Diet and Nutrition	Diet and Nutrition	Diet and Nutrition

Year	Term 3		
9	Principles of Training L03	Principles of Training L04	Principles of Training L04
10	Technology in Sport/ Body's Response to Exercise	Technology in Sport/ Body's Response to Exercise	Technology in Sport/ Body's Response to Exercise
11	Diet and Nutrition/ Catch Up	Diet and Nutrition/ Catch Up	Diet and Nutrition/ Catch Up



#TheAllHallowsWay



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