

Subject:		Sports Studies
I Year	1	OCR-R1895 Performance and Leadership in sports activities
	2	OCR-R1895 Performance and Leadership in sports activities
	3	OCR-R1895 Performance and Leadership in sports activities
	4	OCR-R1895 Performance and Leadership in sports activities
	5	OCR- R187- Increasing Awareness of OAA
	6	OCR- R187- Increasing Awareness of OAA
E Year	1	OCR- R187- Increasing Awareness of OAA
	2	OCR- R184 -Contemporary Issues
	3	OCR- R184 -Contemporary Issues
	4	OCR- R184 -Contemporary Issues
	5	OCR- R184 -Contemporary Issues
	6	
L6	1	A Level- Cardiorespiratory System, skill continuums and classification
	2	A Level- Cardiorespiratory System, learning theories, guidance and feedback
	3	A Level- Neuromuscular System, information processing
	4	A Level- Movement, personality
	5	A Level- Socio-historical factors, attitudes
	6	A Level- Coursework/Energy Systems, arousal & anxiety, stress management, self efficacy, confidence
U6	1	A Level- Energy Systems, Aggression, Attribution Theory
	2	A Level- Injury Prevention and Rehab. Physical Training and Nutrition. Motivation
	3	A Level- Biomechanics, Achievement Motivation Theory
	4	A Level- Biomechanics, Groups, Leadership
	5	A Level- Sport and society and Coursework
	6	

Subject: Sports Science

I Year	1	OCR- R181 Topic Area 1 Components of fitness applied to sport
	2	OCR- R181 Topic Area 1 Components of fitness applied to sport
	3	OCR- R181 Topic Area 2 Principles of Training
	4	OCR- R181 Topic Area 3 Organising and Planning A Training Programme
	5	OCR- R181 Topic Area 4 Evaluate your own performance in planning and delivering a training programme
	6	OCR-R182 Topic Areas 1,2,3 CV and Musculoskeletal system short terms effects
E Year	1	OCR- R182 Topic Areas 1,2,4 CV and Musculoskeletal system long terms effects
	2	OCR- R180- Topic Area 1&2 Factors affecting injury, warm up and cool down
	3	OCR- R180- Topic Area 3- Different types and causes of injury
	4	OCR- R180- Topic areas 4&5- Injury prevention, rehab and medical conditions
L6	1	OCR- Body systems/Sports Coaching/Nutrition/Fitness Testing/Practical Sport
	2	OCR- Body systems/Sports Coaching/Nutrition/Fitness Testing/Practical Sport
	3	OCR- Sports Injuries/Sports Organisation/Psychology/Biomechanics/Sports Practical Skill
	4	OCR- Sports Injuries/Sports Organisation/Psychology/Biomechanics/Sports Practical Skill
	5	OCR- Sports Injuries/Sports Organisation/Biomechanics/Performance Analysis
	6	OCR- Sports Injuries/Sports Organisation/Biomechanics/Performance Analysis
U6	1	OCR- Work Experience/Fitness Classes/H&F Testing/Business of Sport/Organising an Event
	2	OCR- Work Experience/Fitness Classes/H&F Testing/Business of Sport/Organising an Event
	3	OCR- Work Experience/Fitness Classes/H&F Testing/Business of Sport/Organising an Event/Physical Activity for Groups
	4	OCR- Work Experience/Fitness Classes/H&F Testing/Business of Sport/Organising an Event/Physical Activity for Groups

Sport & Physical Activity Foundation Diploma

Year 12	
<i>Term 1</i>	
Teacher 1 Unit 1 – Anatomy & Physiology Ext exam Jan 1hr30 <i>Body systems & the effect of physical activity</i>	Teacher 2 Unit 2 - Sports Coaching Coursework <i>Plan & deliver sport to Yr 9's.</i>
<i>Term 2</i>	
Teacher 1 Unit 17 – Sports injury & rehab Coursework <i>Common sports injuries, treatment and design rehab plan</i>	Teacher 2 Unit 2 continued Unit 3 – Sport Organisation & Dev Ext exam June 1hr30 <i>UK Sports organisation, development& how it's measured</i>
Emergency First Aid at Work training & qualification <i>Nationally recognised qualification, lasting 3 years as optional in this term.</i>	
<i>Term 3</i>	
Teacher 1 Unit 17 Cont...	Teacher 2 Unit 6 – Group exercise to music <i>Plan, deliver and evaluate a series of exercise to music sessions</i>
Year 13	
<i>Term 1</i>	
Teacher 1 Unit 4 – Working Safely in leisure Ext exam Jan 1hr30 <i>Health & Safety, risk management, first aid & safeguarding in sport</i>	Teacher 2 Unit 6 cont...
<i>Term 2</i>	
Teacher 1 Unit 13 – Health & Fitness testing Coursework <i>Components of fitness, how to test and improve them</i>	Teacher 2 Unit 11 – Exercise for specific groups Coursework <i>Looking provisions, benefits and barriers and exercise referrals</i>

Sport & Physical Activity Ext.Diploma (Triple)

Year 12			
Term 1			
Teacher 1 Unit 1 – Anatomy & Physiology Ext exam, Jan 1hr30 <i>Body systems & the effect of physical activity</i>	Teacher 2 Unit 2 – Sports Coaching Coursework <i>Plan & deliver sport to Yr 9's.</i>	Teacher 3 Unit 18 – Practical Sport Coursework <i>Perform and analyse 3 different sports between individual, team & OAA</i>	Teacher 4 Unit 12 – Nutrition Coursework <i>Nutrition, energy balance & hydration with physical activity</i>
Term 2			
Teacher 1 Unit 17 – Sports injury & rehab Coursework <i>Common sports injuries, treatment and design rehab plan</i>	Teacher 2 Unit 2 continued Unit 3 – Sport Organisation & Dev Ext exam June 1hr30 <i>UK Sports organisation, development & how it's measured</i>	Teacher 3 Unit 19 – Sport Psychology Coursework <i>Motivation, attribution theory, arousal, anxiety & group dynamics in sport</i>	Teacher 4 Unit 8 – Organisation of sports events <i>Responsibility of organising whole school events such as sports day or triathlon</i>
Emergency First Aid at Work training & qualification <i>Nationally recognised qualification, lasting 3 years as optional in this term.</i>			
Year 13			
Term 1			
Teacher 1 Unit 6 – Group exercise to music <i>Plan, deliver and evaluate a series of exercise to music sessions</i>	Teacher 2 Unit 21- Business of Sport Ext exam Jan 1hr30 <i>Organisational structures, management, CSR & commercialisation</i>	Teacher 3 Unit 4 – Working Safely in leisure Ext exam Jan 1hr30 <i>Health & Safety, risk management, first aid & safeguarding in sport</i>	Teacher 4 Unit 10 – Biomechanics Unit 5 – Performance analysis Coursework <i>Movement analysis to improve performance</i>
Term 2			
Teacher 1 Unit 7- Improving fitness Unit 13 – Health & Fitness testing Coursework <i>Components of fitness, how to test and improve them</i>	Teacher 2 Unit 11 – Exercise for specific groups Coursework <i>Looking provisions, benefits and barriers and exercise referrals</i>	Teacher 3 Unit 14 – Working in active leisure facilities Coursework <i>Work experience in school PE dept.</i>	