

Sports Studies



Department Intent: To provide engaging and enjoyable experiences in a range of activities in order to develop students' character and resilience whilst developing an understanding of the importance of physical activity in maintaining social, physical and mental health, we strive to encourage lifelong participation.

Intention Overview:

Curriculum Knowledge	
<p>Year 10: At GCSE we understand the different components of health and fitness, principles of training and training are used by different athletes. Explain how the cardiovascular, respiratory and muscle-skeletal system enhance performance and how different lifestyles affect these.</p> <p>Year 11: At GCSE understand what barriers different groups of people may face in participating in sport. Understand the impact of commercialisation on sport and how behaviour in sport affects others. Look at different coaching techniques and the impact of different types of feedback and guidance. Analyse the use of nutrition on athletes and understand why different athletes would require different diets.</p>	
Skill Development	
<p>Subject Specific Skills:</p> <ul style="list-style-type: none"> ● Understanding of health and well-being (Nutrition, fitness – physical and mental) ● Apply concepts to practical situations. ● Understand how different athletes have different requirements during training. ● Be able to plan and analyse a training program (GCSE) ● Leadership skills ● Sportsmanship / Fair Play ● Motivating others ● Adhering to rules and regulations ● Team work – fairness and equality, inclusion of all ● Respect (Umpire/official) ● Communication skills 	<p>Wider Academic Skills / Attributes:</p> <ul style="list-style-type: none"> ● Develop resilience (Winning and Losing) ● Independence – taking responsibility for own equipment and personal interests (Extra-curricular options) ● Improving mental well-being to relieve academic stress ● Communication skills ● Emotional regulation
Personal Development - SMSC and Cultural Capital (opportunities/experiences)	
<ul style="list-style-type: none"> ● Adhering to rules and regulations ● Understanding of health and well-being (Nutrition, fitness – physical and mental) ● Sportsmanship / Fair Play / Respect ● Develop Confidence ● Extra-curricular activities and Teams ● Live Sporting Event Trips ● Primary High 5 tournaments – coaching and leading opportunities. ● Access to professional coaching sessions ● Opportunities to meet top level athletes 	

KS4 - BTEC

Intention Overview:

Curriculum Knowledge	
<p>Year 10: BTEC Sport – Looking at the rules and regulation of different sports and analysing the differences. Practical analysis in comparisons to perfect models. Exam content – health and fitness , principles of training and training methods.</p> <p>Year 11: BTEC Sport – creating, planning and analysing a training program. Leadership – lead a session and analyse strengths and weaknesses in relation to fitness test results.</p>	
Skill Development	
<p>Subject Specific Skills:</p> <ul style="list-style-type: none"> ● Understanding of health and well-being (Nutrition, fitness – physical and mental) ● Apply concepts to practical situations. ● Understand how different athletes have different requirements during training. ● Be able to plan and analyse a training program (GCSE) ● Leadership skills ● Sportsmanship / Fair Play ● Motivating others ● Adhering to rules and regulations ● Team work – fairness and equality, inclusion of all ● Respect (Umpire/official) ● Communication skills 	<p>Wider Academic Skills / Attributes:</p> <ul style="list-style-type: none"> ● Develop resilience (Winning and Losing) ● Independence – taking responsibility for own equipment and personal interests (Extra-curricular options) ● Improving mental well-being to relieve academic stress ● Communication skills ● Emotional regulation
Personal Development - SMSC and Cultural Capital (opportunities/experiences)	
<ul style="list-style-type: none"> ● Adhering to rules and regulations ● Understanding of health and well-being (Nutrition, fitness – physical and mental) ● Sportsmanship / Fair Play / Respect ● Develop Confidence ● Extra-curricular activities and Teams ● Live Sporting Event Trips ● Primary High 5 tournaments – coaching and leading opportunities. ● Access to professional coaching sessions ● Opportunities to meet top level athletes 	