

CURRICULUM INTENT

We aim to develop competence and curiosity in physical activity and develop a passion for being physically active and strengthen character formation.

The purpose of the Physical Education curriculum at Avanti Fields is to inspire all students to participate, succeed and excel in physical activity and competitive sport. It provides extensive and diverse opportunities to recognise the benefits of a healthy and active lifestyle to develop into a lifelong passion to remain active.

The curriculum aims to provide a broad range of physical activities where students develop competence and subject knowledge, allowing them to cultivate a love of sport and understand the benefits of continuing with physical activity throughout life. There are numerous opportunities to partake and compete in sport and other physical activities to build character formation and embody values such as resilience, respect and self-discipline. These opportunities aim to enthuse and create an ambitious approach to PE.

Our Cambridge National in Sport Studies will encourage students to think for themselves about the study of sport and the application to real life practical sport, leadership and evaluation of the skills required there. They will study up to the minute topics affecting sport through the contemporary issues unit, both play and lead sporting activities, as well as having the chance to either explore the world of outdoor sport or the media.

THE AVANTI WAY

EDUCATIONAL EXCELLENCE



The independent nature of Physical Education brings out an emerging passion for learning in pupils. There are high expectations of pupils and learning activities are planned that challenge and engage pupils and provide extensive opportunities for development. Pupils show a high level of resilience and become reflective learners and the extensive extra-curricular programme also allows for this.

CHARACTER FORMATION



Physical Education, pupils are always encouraged to take ownership of their successes and failures with a responsible approach. The different learning experiences in PE such as activities and competitive games naturally allow learners to demonstrate the core values linked to the Avanti wheel. Pupils have time in lessons to reflect on which values they displayed.

SPIRITUAL INSIGHT



Physical Education uses its different learning experiences to challenge discrimination in order to create a more tolerant and integrated society. There are opportunities to show gratitude and develop spiritual insight which links to the heart of the curriculum.



PROGRAMME OF STUDY

The qualification equips you with sound specialist knowledge through practical application. Students will study two mandatory units and one optional unit from a choice of two.

Key to units for this qualification:

M = Mandatory Students must achieve this unit

O = Optional Students must achieve one of these units

E = External assessment We set and mark the exam

N = NEA You assess this and we moderate it

Unit no.	Unit title	Unit ref. no. (URN)	Guided learning hours (GLH)	How are they assessed?	Mandatory or optional
R184	Contemporary issues in sport	J/618/5942	48	E	M
R185	Performance and leadership in sports activities	L/618/5943	48	N	M
R186	Sport and the media	R/618/5944	24	N	O
R187	Increasing awareness of Outdoor and Adventurous Activities	Y/618/5945	24	N	O



Unit	Title	Details
Unit R184: Contemporary issues in sport	Topic Area 1: Issues which affect participation in sport	1.1 User groups 1.2 Possible barriers 1.3 Possible barrier solutions 1.4 Factors which can positively and negatively impact upon the popularity of sport in the UK 1.5 Emerging/new sports in the UK
	Topic Area 2: The role of sport in promoting values	2.1 Sport values 2.2 The Olympic and Paralympic movement 2.3 Sporting values initiative and campaigns 2.4 The importance of etiquette AND sporting behaviour 2.5 The use of Performance Enhancing Drugs (PEDs) in sport
	Topic Area 3: The implications of hosting a major sporting event for a city or country	3.1 The features of a major sporting event 3.2 Positive and negative pre-event aspects of hosting a major sporting event 3.3 Potential positive and negative aspects of hosting a major sporting event
	Topic Area 4: The role National Governing Bodies (NGBs) play in the development of their sport	4.1 National Governing Bodies (NGBs)
	Topic Area 5: The use of technology in sport	5.1 The role of technology in sport 5.2 Positive and negative effects of the use of technology in sport
Unit R185: Performance and leadership in sports activities	Topic Area 1: Key components of performance	1.1 Performance in two selected activities 1.2 Participating in your activities 1.3 Decision-making during performance 1.4 Managing and maintaining performance in individual activities 1.5 Your role and contribution to team activities
	Topic Area 2: Applying practice methods to support improvement in a sporting activity	2.1 Strengths and weaknesses of sports performance 2.2 Methods to improve performance 2.3 Measuring improvement in performance
	Topic Area 3: Organising and planning a sports activity session	3.1 Organisation of a sports activity session 3.2. Safety considerations when planning a sports activity session 3.3 Objectives to meet the needs of the group

	Topic Area 4: Leading a sports activity session	4.1 Organisation of a sports activity session 4.2 Leading a sports activity session
	Topic Area 5: Reviewing your own performance in planning and leading a sports activity session	5.1 Review your leadership of a sports activity session
Unit R186: Sport and the media	Topic Area 1: The different sources of media that cover sport	1.1 Distinguish between different media sources and how they cover sport
	Topic Area 2: Positive effects of the media in sport	2.1 The positive relationship between the media and sport 2.2 Positive impacts of the media in sport
	Topic Area 3: Negative effects of the media in sport	3.1 A range of negative effects of the media on sport in relation to spectators and live sport 3.2 Negative impacts of the media on sports and sports performers

ASSESSMENT AND FEEDBACK

Externally Assessed Unit (R184)

The externally assessed unit is made up of a number of topic areas. Each topic area has related teaching content that must be taught. A direct question may be asked about any content in the teaching content column.

NEA Units (R185–R187)

The NEA units are made up of a number of topic areas with associated teaching content which details what must be taught as part of each topic area. The NEA units also have an exemplification column that provides more information about, and examples relating to, the teaching content. This helps to exemplify the teaching expected so that students are equipped to successfully complete their assignments.

EXAM BOARD AND OCR WEBSITE

EXAM BOARD: OCR

SPECIFICATION: CAMBRIDGE NATIONAL IN SPORTS STUDIES (J829)

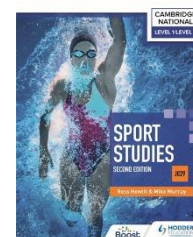
The OCR website has past papers from previous specifications, sample papers, mark schemes and the specification all free to download.

<https://www.ocr.org.uk/Images/610953-specification-cambridge-nationals-sport-studies-j829.pdf>

SUPPORT AND GUIDANCE/USEFUL WEBSITES

1. Use class notes, Sports Studies textbook and any revision tools to **learn** the key facts on the knowledge organisers.

2. Apply your understanding to **exam questions**: Use class notes and knowledge organisers to practise questions. Re-do assessment questions and questions completed in class to improve your responses.

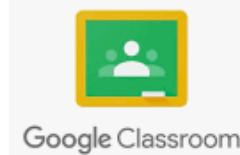


3. **Test yourself** regularly on the key facts and keywords: use **FLASHCARDS**.
4. Log onto **Google Classroom** regularly to access homework, additional resources to support you with your learning.
5. Attend **Revision clubs** for support with revision and coursework. Check times with PE dept.
6. Always complete homework and coursework to meet deadlines and ask for help when needed.
7. Take part in school sport, either competitively or socially through extra-curricular clubs at lunch times and after school.
8. Watch live and recorded matches, to appreciate high-quality performance.
9. Take part in exercise videos outside of school to maintain fitness levels. Videos such as Joe Wicks, Les Mills workouts, exercise videos on YouTube, etc.

Some useful websites:

<https://www.teachpe.com/>

<https://www.ocr.org.uk/Images/610953-specification-cambridge-nationals-sport-studies-j829.pdf>



“I’ve failed over and over and over again in my life and that is why I succeed.”

Michael Jordan

EXTRA-CURRICULAR OPPORTUNITIES

Sports Studies Revision Club: Open to all students to gain further support with their homework, classwork or revision. Students will have access to the subject specific textbooks and laptops.

Extra-curricular clubs: various opportunities to attend practical clubs in order to improve and develop your practical skills as well as leadership skills.

Throughout the year, students will have the opportunity to engage in various PE leadership opportunities, events, trips and competitions. Students and parents will be informed of all opportunities as and when they are organised.

