Hodgson Academy

OCR Sport Studies

KS4 Curriculum Overview

OCR Sport Studies: Key Stage 4 Curriculum Overview

	Autumn Term		Spring Term		Summer Term	
	HT1	HT2	HT3	HT4	HT5	HT6
Year 10	**R187: Increasing awareness of outdoor and adventurous activities.** R187 TOPIC AREA 3 – Plan for and be able to participate in an outdoor and adventurous activity *3.1 Key considerations when planning an outdoor activity in a specified location* • Key considerations to include *3.2 Outdoor activity risk assessment* • Elements of a risk assessment *3.3 Emergency procedure plan* • Emergency procedure plan 3.4 Demonstrate appropriate skills in outdoor activities • Outdoor activity skills R187 Topic Area 3 Assignment This is both a theory and practical assignment, students will be assessed through a plan which OCR produce the template and then their practical ability to perform the skills. *go out for the assessment* R187 TOPIC AREA 4 - Evaluate participation in an outdoor activity *4.1 Evaluate participation in an outdoor activity* • How to evaluate the completed activity *4.2 Evaluate the value of participating in outdoor activities* R187 Topic Area 4 Assignment This is a theory assignment, students will be assessed through an essay.	**R187: Increasing awareness of outdoor and adventurous activities.** **R187 Topic Area 1** *1.1 Research three approved activity areas:* *BMX cycling* *Kayaking* *Gorge Walking.* *1.2 Research where you could go nationally* *1.3. Research the provision both regionally and nationally.* *R187 Topic area 1 assignment* *To be written in a report* ***R187 Topic Area 2*** *2.1 Consider what equipment for these three activities* *2.2 Safety aspects and technology for three approved activity areas.* *2.3 Discuss terrain, environment and climate required.* *R187 Topic area 2 assessment* *To be written in a report.*	**R185 – Performance and Leadership in Sports Activities** R185 TOPIC AREA 1 – Key Components of Performance *1.1 Performance in two selected activities* • Performance of skills and techniques *1.2 Participating in your activities* *1.3 Decision making during performance* • Appropriate and timely decisions *1.4 Managing and maintain performance in individual activities* • Ability to manage and maintain own performance in individual activities *1.5 Your role and contribution to team activities* R185 Topic Area 1 Assignment This is a practical assignment, students will be assessed in two differing sports. R185 TOPIC AREA 2 – Applying practice methods to support improvement in a sporting activity. *2.1 Strengths and weaknesses of sports performance* • Key components for assessing strengths and weaknesses in an activity *2.2 Methods to improve performance* • Different types of practices and progressive drills • Altering the context of performance *2.3 Measuring improvement in performance* • Use of tools to aid evaluation	**R185 – Performance and Leadership in Sports Activities** R185 TOPIC AREA 1 – Key Components of Performance *1.6 Performance in two selected activities* • Performance of skills and techniques *1.7 Participating in your activities* *1.8 Decision making during performance* • Appropriate and timely decisions *1.9 Managing and maintain performance in individual activities* • Ability to manage and maintain own performance in individual activities *1.10 Your role and contribution to team activities* R185 Topic Area 1 Assignment This is a practical assignment, students will be assessed in two differing sports. R185 TOPIC AREA 2 – Applying practice methods to support improvement in a sporting activity. *2.1 Strengths and weaknesses of sports performance* • Key components for assessing strengths and weaknesses in an activity *2.2 Methods to improve performance* • Different types of practices and progressive drills • Altering the context of performance *2.3 Measuring improvement in performance* • Use of tools to aid evaluation	R185 TOPIC AREA 3 – Organising and planning a sports activity session *3.1 Organisation of a sports activity session* • Appropriate venue • Timing • Equipment • Supervision • Contingency plan *3.2 Safety consideration when planning a sports activity session* • Risk assessment and corrective action • Checking equipment • Basic first aid and child protection • Emergency procedures *3.3 Objectives to meet the needs of the group* • Introduction and conclusion • Basic warm up and cool down Skill and technique development	R185 TOPIC AREA 3 – Organising and planning a sports activity session *3.1 Organisation of a sports activity session* • Appropriate venue • Timing • Equipment • Supervision • Contingency plan *3.2 Safety consideration when planning a sports activity session* • Risk assessment and corrective action • Checking equipment • Basic first aid and child protection • Emergency procedures *3.3 Objectives to meet the needs of the group* • Introduction and conclusion • Basic warm up and cool down Skill and technique development

Year 11

R185 TOPIC AREA 4 – Delivering a sports activity session.

4.1 Organisation of a sports activity session
- Safe practice
- Timing
- Adaptability
- Reliability

4.2 Leading a sports activity session.
- Leading a sports activity session

R185 Topic Area 4 Assignment
This is a practical assignment; students will be assessed in leading a sport session of their choice.

R185 TOPIC AREA 5 – Review your leadership of a sports activity session

5.1 Review your leadership of a sports activity session
- Planning
- Leading
- Improvements that could be made
- Opportunities to develop leadership skills for the future.

R185 Topic Area 5 Assignment
This is a theory assignment; students will be assessed through an essay.

R184 – Contemporary Issues in Sport

R185 TOPIC AREA 1 – Issues which affect participation in sport

1.1 User Groups
- Different user groups who participate in sport

1.2 Possible barriers
- Possible barriers which affect participation in sport

1.3 Possible barrier solutions
- Possible solutions to the barriers which affect participation in sport

1.4 Factors which can impact the popularity of sport in the UK
- Positive and negative impacts on the popularity if sport in the UK.

1.5 Emerging/new sports in the UK.
- The growth of emerging/new sports in the UK.

Interleaving links to other aspects of the course
- Organising and planning a sporting activity
- Provision for different types of outdoor and adventurous activities in the UK.

R184 – Contemporary Issues in Sport

R185 TOPIC AREA 2 – The role of sport in promoting values

2.1 Sport Values
- Values which can be promoted through sport

2.2 The Olympic and Paralympic movement
- Olympics and Paralympics

R184 – Contemporary Issues in Sport

R185 TOPIC AREA 2 – The role of sport in promoting values

2.3 Sporting Values, Initiative and campaigns
- Initiatives, campaigns and events which promote sporting values

2.4 The importance of etiquette and sporting behaviour
- The importance of etiquette and sporting behaviour of performers
- The importance of etiquette and sporting behaviour of spectators

2.5 The use of performance enhancing drugs
- The reason why sports performers use PEDs
- The reasons why performer should not use PEDs
- The role of the WADA in eradicating the use of PEDs
- Sanctions to prevent the use of PEDs
- Educational strategies to prevent the use of PEDs
- Impact of the use of PEDs on the sport

Interleaving links to other aspects of the course
- Key Components of Performance
- Organising and planning a sports activity session

R184 – Contemporary Issues in Sport

R185 TOPIC AREA 3 – The implications of hosting a major sporting event for a city or a country

3.1 The features of a major sporting event
- The types and scheduling of major sporting events

3.2 Positive and negatives pre event aspects of hosting a major sporting event
- Positive and negative pre event aspects of hosting a major sporting event

3.3 Potential positive and negative aspects of hosting a major sporing event
- During the event
- Immediate and longer term post event

R185 TOPIC AREA 4 – The role National Governing Bodies (NGBs) play in the development of their sport

4.1 What NGBs do for their sport
- What is a NGB?

Interleaving links to other aspects of the course
The role of sport in promoting values.

R184 – Contemporary Issues in Sport

R185 TOPIC AREA 5 – The use of technology in sport

5.1 The role of technology in sport
- To enhance performance
- To increase the safety of participants
- To increase fair play and increase the accuracy of officiating
- The enhance spectatorship

5.2 Positive and negative effects of the technology in sport
- Positive
- Negatives
- Positive and negative effects of technology on the spectator experience

Interleaving links to other aspects of the course
- Types of clothing to be used for participation