

SUBJECT	Sports Studies	CURRICULUM LEADER	Miss Reddington	YEAR	Year 10 & 11				
ORGANISATION OF THE SUBJECT	Physical Education is an optional subject at KS4, where students may take a BTEC Level 1/2 First Award in Sport in addition to their core PE session.								
Key Concepts (The big ideas underpinning this subject)			Key Skills in this subject						
<p>Students in Sports Studies should be taught to:</p> <ul style="list-style-type: none"> • Use fitness tests to analyse performance • Design and complete a training programme to improve fitness for sport • Perform skills techniques and tactics in competitive sport • Analyse and review performance in competitive sport • Describe and explain rules and regulations of sport • Coach and lead sporting activities • Describe, explain and analyse fitness training methods, fitness testing, components of fitness and principles of training 			<p>BTEC command words:</p> <ul style="list-style-type: none"> • describe • explain • evaluate • analyse • assess • justify 						
What will be learnt in this subject?			How will learning take place in this subject?						
<p>In Optional BTEC Sports Studies students will tackle sports units involving practical sports performance and assessment, fitness testing and training, and leading sports activities. Completion of the qualification could then lead onto further education, apprenticeships in the fitness/leisure industry, and any other sports related occupations or courses.</p>			<p>Practical lessons will be:</p> <table border="1"> <tr> <td>Year 10 Sports Studies Activities</td> <td>Netball & Football, Fitness Testing & Training Programme for Unit 5, Basketball Assessment for Unit 2, Rounders Assessment for Unit 2</td> </tr> <tr> <td>Year 11 Sports Studies Activities</td> <td>Badminton Observations for Unit 2, Coaching and Leading for Unit 6</td> </tr> </table> <p>Learning will take place through performing, officiating and coaching roles in practical lessons.</p>			Year 10 Sports Studies Activities	Netball & Football, Fitness Testing & Training Programme for Unit 5, Basketball Assessment for Unit 2, Rounders Assessment for Unit 2	Year 11 Sports Studies Activities	Badminton Observations for Unit 2, Coaching and Leading for Unit 6
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Year 11 Sports Studies Activities	Badminton Observations for Unit 2, Coaching and Leading for Unit 6								

	Theory lessons will include various activities to deliver the various topics to the learners for them to then be able to complete assignments to meet the briefs and specification of the subject.
What methods of assessment will be used?	How can you support learning and progress in this subject?
<p><u>BTEC Level 1/2 First Award in Sport</u></p> <p>In KS4, students who take the BTEC Level 1/2 First Award in Sport course will have three curriculum sessions per week, two theory sessions and one practical. Students will study four units of work within the course. They will work in both single sex and mixed sex groups. The BTEC Level 2 First Award is the equivalent of two grades at GCSE. It is divided into Level 1, Pass, Merit and Distinction grades and students must pass all units to gain the overall award.</p> <p><u>UNIT 1 – Fitness Testing & Training (Externally assessed online examination)</u></p> <p>A - know about the components of fitness and the principles of training B - explore different fitness training methods C - investigate fitness testing to determine fitness levels</p> <p><u>UNIT 2 – PRACTICAL SPORTS PERFORMANCE (internally assessed assignments/video evidence)</u></p> <p>A – understand the rules, regulations and scoring systems for selected sports B – practically demonstrate skills, techniques and tactics ion selected sports C – be able to review sports performance</p> <p><u>UNIT 5 – Training for personal fitness (Internally assessed assignments)</u></p> <p>A - design a personal fitness training programme B - know about exercise adherence factors and strategies for continued training success C - implement a self-designed personal fitness training programme to achieve own goals and objectives D - review a personal fitness training programme.</p> <p><u>UNIT 6 – Leading sports activities (Internally assessed assignments)</u></p>	<ul style="list-style-type: none"> • Encourage your child to follow sports news and watch live sport on the television • Encourage your child to participate/volunteer in activities at local sports clubs/groups • Ensure your child is fully equipped for every lesson with the correct kit • Support your child with revision for BTEC Sport • Support and encourage your child to keep up with written work in BTEC Sport

<p>A - know the attributes associated with successful sports leadership B - undertake the planning and leading of sports activities C review the planning and leading of sports activities. Internally assessed (assignment based)</p>	
<p>Equipment needed for this subject.</p>	<p>Learning outside the classroom : enrichment opportunities in this subject.</p>
<p>Polo t-shirt, shorts, white socks, trainers, pen, pencil, ruler, rubber, eraser</p>	<ul style="list-style-type: none"> • Extracurricular activities and competition – attendance at local sporting fixtures • Opportunities to coach and lead within the Academy • BTEC Booster sessions to aid with work and revision