

Subject: Sport and Active Leisure

Subject Leader

Danny Page

National Curriculum

Sport in Year Nine is a combination of enrichment and learning basic skills in sport.

Key Stage Four offers the BTEC Level 1 in Sport and Active Leisure which supports students' learning and development.

Curriculum Intent

This qualification aims to offer an alternative to academic core subjects and develop real-life practical and transferable skills that will last a lifetime; these will also include soft skills such as self-esteem building, teamwork, self-control, creativity and problem solving.

This course offers students a meaningful and relevant qualification that can be built upon in their post-16 provisions. This is achieved through a wide range of teaching & nurturing styles and a variety of learning contexts.

Curriculum Implementation

		Term	Content/Topics	Assessment
Year 9	Autumn Term	1	<p>Introduction to sports</p> <ul style="list-style-type: none"> Dressing appropriately for sports activities How to be a team player Following rules <p>Themed sport/activity: Dodgeball</p>	<ul style="list-style-type: none"> Ongoing formative assessment during both practical and theory sessions
		2	<p>Continuation of: Introduction to sports</p> <ul style="list-style-type: none"> Using different skills and techniques during games and activities Using sports equipment safely Demonstrating safe practices <p>Themed sport/activity: Basketball</p>	<ul style="list-style-type: none"> Ongoing formative assessment during both practical and theory sessions
	Spring Term	3	<p>Working on strengths and weaknesses</p> <ul style="list-style-type: none"> Identify strengths and implement them into game settings Identify areas for improvement, create strategies and implement these into practices and game settings <p>Themed sport/activity: Racket sports</p>	<ul style="list-style-type: none"> Ongoing formative assessment during both practical and theory sessions
		4	<p>Continuation of: Working on strengths and weaknesses</p> <ul style="list-style-type: none"> Identify strengths and implement them into game settings Identify areas for improvement, create strategies and implement these into practices and game settings <p>Themed sport/activity: Football</p>	<ul style="list-style-type: none"> Ongoing formative assessment during both practical and theory sessions

	Summer Term	5	<p>Games and competitions</p> <ul style="list-style-type: none"> • Introduction to competitive sports • Working as a team player • Building confidence • Building self belief • Building confidence <p>Themed sport/activity: Volleyball & Hockey</p>	<ul style="list-style-type: none"> • Ongoing formative assessment during both practical and theory sessions
		6	<p>Games and competitions</p> <ul style="list-style-type: none"> • Identify how to be a good sports person • Winning and losing gracefully • Identify leadership skills • Working on decision making • Being able to compete under pressure <p>Themed sport/activity: Cricket & Rounders</p>	<ul style="list-style-type: none"> • Ongoing formative assessment during both practical and theory sessions

		Term	Content/Topics	Assessment (including formal exam options)
Year 10	Autumn Term	1	<p>Unit 11 - How the Body Works</p> <p>Know the functions of the skeletal and muscular systems</p> <ul style="list-style-type: none"> • Identify the structure and functions of the skeleton • Identify the structure and functions of the muscular system <p>Know the functions of the cardiorespiratory systems</p> <ul style="list-style-type: none"> • Identify the structure and functions of the heart <p>Themed sport/activity: Dodgeball</p>	<ul style="list-style-type: none"> • As per BTEC Sport and Active Leisure criteria • Completion of student workbook • Taking part in both practical and theory sessions
		2	<p>Continuation of: Unit 11 - How the Body Works</p> <p>Know the functions of the cardiorespiratory systems</p> <ul style="list-style-type: none"> • Identify the structure and functions of the lungs <p>Know the requirements of a healthy diet</p> <ul style="list-style-type: none"> • Identify the different nutrients for a healthy diet • Identify functions of each nutrient for a healthy diet. <p>Themed sport/activity: Basketball</p>	<ul style="list-style-type: none"> • As per BTEC Sport and Active Leisure criteria • Completion of student workbook • Taking part in both practical and theory sessions
	Spring Term	3	<p>Unit 10 - Taking Part in Exercise and Fitness</p> <p>Know about different exercise and fitness activities</p> <ul style="list-style-type: none"> • Describe different exercise and fitness activities 	<ul style="list-style-type: none"> • As per BTEC Sport and Active Leisure criteria

Summer Term		<ul style="list-style-type: none"> Identify different exercise and fitness facilities <p>Know how to take part in exercise and fitness safely</p> <ul style="list-style-type: none"> Describe and induction process for an exercise fitness activity Describe warm up and cool down activities <p>Themed sport/activity: Racket sports</p>	<ul style="list-style-type: none"> Completion of student workbook Taking part in both practical and theory sessions
	4	<p>Continuation of: Unit 10 - Taking Part in Exercise and Fitness</p> <p>Be able to demonstrate work skills through participation in exercise and activities</p> <ul style="list-style-type: none"> Time management skills Appropriate dress for the activity Following instructions provided by the activity leader Following health and safety guidelines before, during and after activities <p>Themed sport/activity: Football</p>	<ul style="list-style-type: none"> As per BTEC Sport and Active Leisure criteria Completion of student workbook Taking part in both practical and theory sessions
	5	<p>Unit: First aid</p> <p>Topic: Asthma</p> <p>Objectives/Activities to cover</p> <ul style="list-style-type: none"> Recognise when someone is having an asthma attack Respond appropriately to someone who is having an asthma attack. <p>Topic: Minor bleeding</p> <p>Objectives/Activities to cover</p> <ul style="list-style-type: none"> Recognise and respond appropriately to someone who has a minor bleed Understand the risk of cross infection and know how to minimise this risk. <p>Topic: Bone muscle and joint injuries</p> <p>Objectives/Activities to cover</p> <ul style="list-style-type: none"> Recognise when someone has a fractured bone, dislocation injury, sprain or strain Respond appropriately to someone who has a fractured bone, dislocation injury, sprain or strain. <p>Topic: Coping in an emergency</p> <p>Objectives/Activities to cover</p> <ul style="list-style-type: none"> Manage an incident, minimising the risk to themselves Create an action plan to help them cope in an emergency. <p>Themed sport/activity: Volley ball & Hockey</p>	<ul style="list-style-type: none"> As per St John Ambulance criteria Completion of both theory and practical tasks
	6	<p>Continuation of Unit: First aid</p> <p>Topic: First aid kits</p> <p>Objectives/Activities to cover</p>	<ul style="list-style-type: none"> As per St John Ambulance criteria

		<ul style="list-style-type: none"> Identify the contents of a first aid kit Explain how each item may be used Explain the importance of having a first aid kit. <p>Topic: Fainting</p> <p>Objectives/Activities to cover</p> <ul style="list-style-type: none"> Recognise when someone feels faint or has fainted Respond appropriately to someone who feels faint or has fainted. <p>Topic: Choking (Adults)</p> <p>Objectives/Activities to cover</p> <ul style="list-style-type: none"> Recognise when someone is choking Respond appropriately to someone who is choking. <p>Topic: Choking (infants)</p> <p>Objectives/Activities to cover</p> <p>Recognise when someone is choking</p> <p>Respond appropriately to someone who is choking.</p> <p>Themed sport/activity: Cricket & Rounders</p>	<ul style="list-style-type: none"> Completion of both theory and practical tasks 	
	Term	Content/Topics	Assessment (including formal exam options)	
Year 11	Autumn Term	1	<p>Unit 12 - Planning own fitness programme</p> <p>Know the components of physical fitness</p> <ul style="list-style-type: none"> Describe the components of physical fitness <p>Be able to assess own fitness level</p> <ul style="list-style-type: none"> Assess own fitness level <p>Be able to plan and use own fitness programme</p> <ul style="list-style-type: none"> With guidance, plan own fitness programme with set targets Use own fitness programme over a given period of time <p>Themed sport/activity: Dodgeball</p>	<ul style="list-style-type: none"> As per BTEC Sport and Active Leisure criteria Completion of student workbook Visit leisure centre establishments
		2	<p>Continuation of: Unit 12 - Planning own fitness programme</p> <p>Know how to overcome barriers that may affect achievement of fitness goals</p> <ul style="list-style-type: none"> Identify barriers to achieving fitness goals Identify ways to overcome barriers <p>Be able to review own fitness programme</p> <ul style="list-style-type: none"> Assess the results of own fitness programme <p>Themed sport/activity: Basketball</p>	<ul style="list-style-type: none"> As per BTEC Sport and Active Leisure criteria Completion of student workbook Visit leisure centre establishments
	Spring Term	3	<p>Unit 17 - Job Opportunities in Sport and Active Leisure</p> <p>Know about job opportunities in sport and active leisure:-</p>	<ul style="list-style-type: none"> As per BTEC Sport and Active Leisure criteria

Summer Term		<ul style="list-style-type: none"> Identify jobs in different sectors of sport and active leisure Describe the job roles in one sport and active leisure facility <p>Know about terms and conditions of employment within sport and active leisure</p> <ul style="list-style-type: none"> Describe the conditions of employment within sport and active leisure <p>Themed sport/activity: Racket sports</p>	<ul style="list-style-type: none"> Completion of student workbook Visit to employment organisations
	4	<p>Continuation of: Unit 17 - Job Opportunities in Sport and Active Leisure</p> <p>Know about the qualifications and skills needed for jobs in sport and active leisure</p> <ul style="list-style-type: none"> Present information about the qualifications and skills required for selected jobs in sport and active leisure <p>Be able to start planning own career within sport and active leisure:-</p> <ul style="list-style-type: none"> Produce a plan to start work within sport and active leisure <p>Themed sport/activity: Football</p>	<ul style="list-style-type: none"> As per BTEC Sport and Active Leisure criteria Completion of student workbook Visit to employment organisations Visit further education organisations Undertake mock interviews
	5	<p style="text-align: center;">Unit: First aid</p> <p>Topic: Resuscitation (Adult)</p> <p>Objectives/Activities to cover</p> <ul style="list-style-type: none"> Identify a life-threatening situation Perform chest compressions on a manikin Inflate the lungs of a manikin Perform cardiopulmonary resuscitation (CPR) in accordance with the current UK guidelines. <p>Topic: Resuscitation (infant and child)</p> <p>Objectives/Activities to cover</p> <ul style="list-style-type: none"> Identify a life-threatening situation Perform chest compressions on a manikin Inflate the lungs of a manikin Perform cardiopulmonary resuscitation (CPR) in accordance with the current UK guidelines <p>Topic: Recovery position</p> <p>Objectives/Activities to cover</p> <ul style="list-style-type: none"> Identify when a casualty should be put in the recovery position Place an unresponsive casualty in the recovery position <p>Topic: Spinal injuries</p> <p>Objectives/Activities to cover</p> <p>Know when to suspect a spinal injury</p> <p>Recognise when someone has a spinal injury</p>	<ul style="list-style-type: none"> As per St John Ambulance criteria Completion of both theory and practical tasks

	<p>Respond appropriately to someone who has a spinal injury. Themed sport/activity: Volleyball & Hockey</p>	
6	<p>Continuation of, Unit: First aid</p> <p>Topic: Bleeding and shock Objectives/Activities to cover</p> <ul style="list-style-type: none"> • Understand the risk of cross infection and know how to minimise this risk. • Recognise and respond appropriately to someone who has a severe bleed, an embedded object in a wound or an amputated limb or part of a limb • Recognise and understand the effects of shock and be able to respond appropriately • Check for further injuries and have an awareness of the signs and symptoms of internal bleeding. <p>Topic: Head injuries Objectives/Activities to cover</p> <ul style="list-style-type: none"> • Recognise when someone has a head injury • Respond appropriately to someone who has a head injury • Understand the potentially serious nature of head injuries. <p>Topic: Chest pains Objectives/Activities to cover</p> <ul style="list-style-type: none"> • Recognise when someone has chest pains • Respond appropriately to someone who has chest pains. <p>Topic: Low blood sugar Objectives/Activities to cover</p> <ul style="list-style-type: none"> • Recognise when someone has low blood sugar • Respond appropriately to someone who has low blood sugar <p>Themed sport/activity: Cricket & rounders</p>	<ul style="list-style-type: none"> • As per St John Ambulance criteria • Completion of both theory and practical tasks