

KEY STAGE 4 CURRICULUM INFORMATION

KEY STAGE 4 SPORT SCIENCE

Examination Board	OCR	Specification Code	OCR Level 1 / 2 Cambridge National in Sport Science
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UNIT R180: Reducing the risk of sports injuries and dealing with common medical conditions 48 GLH

Topics include:

- 1: Different factors which influence the risk and severity of injury
- 2: Warm up and cool down routines
- 3: Different types and causes of sports injuries
- 4: Reducing risk, treatment and rehabilitation of sports injuries and medical conditions
- 5: Causes, symptoms and treatment of medical conditions.

UNIT R181: Applying the principles of training: fitness and how it affects skill performance (48 GLH)

Topics include:

- 1: Components of fitness applied in sport
- 2: Principles of training in sport
- 3: Organising and planning a fitness training programme
- 4: Evaluate own performance in planning and delivery of a fitness training programme.

UNIT R182: The body's response to physical activity and how technology (24 GLH)

Topics include:

- 1: The cardio-respiratory system and how the use of technology supports different types of sports and their intensities
- 2: The musculo-skeletal system and how the use of technology supports different types of sports and their movements
- 3: Short-term effects of exercise on the cardio- respiratory and musculo-skeletal systems
- 4: Long-term effects of exercise on the cardio- respiratory and musculo-skeletal systems.

ASSESSMENT DETAILS

UNIT R180: Reducing the risk of sports injuries and dealing with common medical conditions.

This is assessed by an exam at the end of Year 11.

The exam is 1 hour 15 minutes in duration. Section A has 25 marks and section B 45 marks = 70 marks in total.

UNIT R181: Applying the principles of training: fitness and how it affects skill performance (48 GLH)

This is assessed by a set assignment internally marked and externally moderated by OCR. . Marks awarded out of 80 over 5 set tasks.

UNIT R182: The body's response to physical activity and how technology (24 GLH)

This is assessed by a set assignment internally marked and externally moderated. Marks awarded out of 40 over 3 set tasks.

All assessments are graded Pass, Merit, Distinction or Distinction* and with the exception of D* can be at Level 1 or Level 2

KEY STAGE 4

CURRICULUM INFORMATION

ADDITIONAL EQUIPMENT NEEDED

Students will require PE kit as the theory content will be taught in classrooms and through practical lessons. Use of PC/ laptop at home will help students drafting work for assessment and in completing homework tasks.

WHAT CAN I DO TO SUPPORT MY CHILD AT HOME?

- Ensure that all homework tasks are completed - see Go4Schools & Google classroom
- Encourage them to take part in extra curricular clubs
- Have conversations about the topic areas
- Assist in developing and encouraging them to complete their training programmes.
- Ensure they are ready for learning with correct equipment, books, folders and PE kit when required.

RECOMMENDED RESOURCES FOR THE COURSE:

Websites:

- Ocr.org.uk
- Teachpe.com
- Brianmac.com

Apps:

- Myfitness pal
- Map my run
- Fitbit

ADDITIONAL INFORMATION

- Strict guidelines and rules regarding malpractice & plagiarism - students will be issued with an NEA guide and must show they have read it and understood it by annotating & highlighting this. It will be stored in their Progress folders.

TEACHING STAFF CONTACT DETAILS

Name	Role	Email	Tel
Ms Tracey Cotter	Learning Leader for PE North & South	Tracey.cotter@ewsacademy.org.uk	01604 862125
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KEY STAGE 4

CURRICULUM INFORMATION

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