



OCR Cambridge National in Sport Studies



Archdiocese of Liverpool

Curriculum intent:

The intent of the PE curriculum at St. Gregory's Catholic High School is to strike the right balance between provision, participation and performance for all of our pupils. The PE curriculum has been designed to provide pupils with an enjoyable and stimulating experience, which broadens their sporting horizons and provides the platform for a lifelong healthy lifestyle.

Our intent as a department is to ensure that our curriculum

1. Provides our pupils with new sporting experiences and increases their intellectual understanding of the subject
2. Fosters a love of learning for the subject that stimulates the academic and practical inquisitiveness of our pupils
3. Creates clear pathways for pupils to study the subject further in Key Stage 4 and beyond secondary education into post -16 education and employment

Year 10 Cambridge National in Sport Studies

TERM 1

Content

R185 Performance and Leadership of Sports Activities

Topic Area 1

Key components of performance

Topic Area 2

Applying practice methods to improve performance

Topic Area 3

Organising and planning a sports activity session

Concepts and Skills

- Development of performance in two sports
- Understanding of tactics, strategies, compositional ideas in differing sporting activities
- Understanding of different roles and responsibilities within team games and the different roles available within sport
- Identification of sporting strengths and weaknesses

TERM 2

R185 Performance and Leadership of Sports Activities

Topic Area 3

Organising and planning a sports activity session

Topic Area 4

Leading a sports activity session

Topic Area 5

Reviewing performance of planning and leading a sports activity session

- Understanding the specific skills, techniques and appropriate to the needs of participants
- Development of different leadership styles in order to deliver sport sessions effectively
- Review and evaluate the positive and negative results of coaching performance

TERM 3

R187 Increasing Awareness of Outdoor and Adventurous Activities

Topic Area 1

Provision for Outdoor and Adventurous Activity

Topic Area 2

Equipment, Clothing, and Safety Aspects of Participating in Outdoor and Adventurous Activities

Topic Area 3

Plan and Participate in Outdoor and Adventurous Activities

Topic Area 4

Evaluate Participation in Outdoor and Adventurous Activities

- Develop awareness of OAA provision within a specified geographical area
- Understanding and evaluation on safety requirements needed for OAA
- Evaluate the effectiveness of technology within OAA
- Demonstrate skills in OAA
- Evaluate performance in OAA

