

KS4 FOUNDATION

Year 9 Students take part in 1x 60 minute practical core PE lesson per week.

Students also have the option to select OCR CNAT in Sport Studies or GCSE PE, giving them 5 more Sport lessons over the 2 weeks

Students also continue to have the option of dance to enhance their physical education further

Students also have the option to study OCR CNAT in Health and Social Care

KS4 Foundation Curriculum and Programme of Study

Year 9 Core PE Performance

HT1	HT2		HT3		HT4	HT5	HT6
Fitness	Fitness	Fitness	Fitness	Fitness	Fitness	Athletics	Rounders
Football	Football	Handball	Handball	Football	Football		Cricket
Basketball	Basketball	Lacrosse	Lacrosse	Basketball	Basketball		Stool ball
Table tennis	Table tennis	Netball	Netball	Table tennis	Table tennis		Tennis

Broaden knowledge and apply to competitions

Year 9 Core PE Participation

HT1	HT2		HT3		HT4	HT5	HT6
Fitness	Fitness	Fitness	Fitness	Fitness	Fitness	Athletics	Rounders
Benchball	Benchball	End ball	End ball	Benchball	Benchball		Tennis
Volleyball	Badminton	Lacrosse	Lacrosse	Volleyball	Badminton		Softball
Gymnastics	Gymnastics	Table tennis	Table tennis	Table tennis	Table tennis		Baseball

Broaden knowledge and develop confidence for participation

KS4 CORE PE

KS4 pupils take part in 1x 60 minute lesson per week.

Pupils are offered 3 or 4 sport options; pupils select a sport of their choice for term. Students choose to learn through one of the four pathways:

1. Sports Organisation/Leadership, 2. Participation in Sport, 3. Fitness for Health and 4. Sports Performance.

These sessions become more and more student led over the two years, so that when students reach sixth form, participation is through choice, with confidence.

As such, the sport through which the learning is taught is not timetabled and prescribed as strictly.

There is a lot of flux and flexibility around this. Students can also move pathway throughout the year.

An example route may be:

HT1	HT2		HT3		HT4	HT5	HT6
Football	End ball	Bench ball	Frisbee	Lacrosse	Badminton	Athletics	Rounders

Participation

KS4 EXAMINATION LEVEL

OCR Cambridge National in Sport Science (current year 10 only)

	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Year 10	Ri83 Nutrition and Sport Performance Task 1	Ri83 Nutrition and Sport Performance	Moderate Nutrition Introduce R181 Applying the	R181 Fitness Tasks 1 and 2	R181 Fitness Tasks 3, 4 and 5	Submit R181 and R183 Introduce R180 Reducing the

		Task 2, 3 and 4	principles of training: fitness and how it affects skill performance			risk of Sports Injuries and dealing with common medical conditions
Year 11	R180 Topic Area 1: Different factors which influence the risk and severity of injury	R180 Topic Area 2: Warm up and cool down routines	R180: Topic area 3: Different types and causes of sports injuries	R180: Topic Area 4: Reducing risk, treatment and rehabilitation of sports injuries and medical conditions	R180: Topic Area 5: Causes, symptoms and treatment of medical conditions	Exam in R180

OCR Cambridge National in Sport Studies (current y11 (legacy) and 9 new curriculum)

	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Year 9	Performance and leadership in sports activities Skills, techniques and tactical theory	Performance and leadership in sports activities Applying it to practice	Performance and leadership in sports activities Organising and planning an activity session	Performance and leadership in sports activities Leading a session	Performance and leadership in sports activities Reviewing performance	Tasters in Media in Sport and Awareness of OAA
Year 10	Sport in the media / Increasing Awareness of Outdoor and Adventurous Activities	Sport in the media / Increasing Awareness of Outdoor and Adventurous Activities	Sport in the media / Increasing Awareness of Outdoor and Adventurous Activities	Sport in the media / Increasing Awareness of Outdoor and Adventurous Activities	Sport in the media / Increasing Awareness of Outdoor and Adventurous Activities	R184: Contemporary issues in sport Participation and Promoting values
Year 11	R184: Contemporary issues in sport Participation and Promoting values	R184: Contemporary issues in sport Technology in Sport	R184: Contemporary issues in sport Hosting a major sporting event	R184: Contemporary issues in sport NGBs and Sports Development	R184: Contemporary issues in sport exam	

OCR GCSE PE

	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Year 9	Foundation knowledge of Anatomy Performance in a team sport	Foundation knowledge of Physiology Performance in an individual sport	Foundation knowledge in Injury Performance in a team sport	Foundation knowledge of biomechanics Performance in an individual sport	Foundation knowledge in sport psychology Performance in athletics	Foundation knowledge in sport sociology Analysis of performance
Year 10	Fitness and the skeletal system	Fitness and the muscular system	Fitness and the cardiovascular system	Fitness and the respiratory system	Injuries and mechanics in Sport	Fitness and training

	Health, fitness and well-being Focussed sport	Nutrition for sports Focussed Sport	Participation in sport Focussed sport	Sport in society Focussed Sport	Ethics in sport Focussed sport	Sport Psychology Focussed sport
Year 11	Fitness Analysis and Evaluation of performance	Fitness Analysis and Evaluation of performance	Recapping content Preparing for practical moderation	Recapping content Practical moderation	Revision	Exam