

St John's Curriculum Overview – Year 12 & 13

Subject title	Cambridge Technical Extended Certificate in Sport and Physical Activity
Setting arrangements	No setting
Time allowance each fortnight	9 hours

Introduction

Cambridge technical Extended in sport and physical activity is taken at year 12 and year 13. Units are assessed internally and externally.

Topics, Skills and Assessment covered during the course

Term Topic	Subject Specific topic Questions	Subject content	Assessment details
Unit 1	<p>How does the physiology of the human body impact sports performance?</p> <p>Evaluate the impact of training on the respiratory and cardiovascular system</p> <p>What is an energy system and how does it contribute to sports performance?</p>	<ol style="list-style-type: none"> 1. Understand the skeletal system in relation to exercise and physical activity 2. Understand the muscular system in relation to exercise and physical activity 3. Understand the cardiovascular system in relation to exercise and physical activity 4. Understand the respiratory system in relation to exercise and physical activity 5. Understand the different energy systems in relation to exercise and physical activity 	Students are assessed externally in an exam set by OCR.
Unit 2	<p>How can I improve my performance to maximise potential?</p> <p>What are the roles and responsibilities of an official?</p>	<ol style="list-style-type: none"> 1. Be able to apply skills, techniques and tactics in an individual sport 2. Be able to apply skills, techniques and tactics in a team sport 3. Be able to apply skills and knowledge in outdoor and adventurous activities 4. Be able to officiate in sport and physical activity 	Pupils are assessed internally using coursework set by the exam board. Pupils need to create their own sports videos

<p>Unit 3</p>	<p>What are the qualities and attributes of a good leader? How do we plan, differentiate and deliver a session to ensure pupils make the best progress?</p>	<ol style="list-style-type: none"> 1. Know the roles and responsibilities of sports coaches and activity leaders 2. Be able to apply skills, techniques and tactics in a team sport 3. Be able to apply skills and knowledge in outdoor and adventurous activities 4. Be able to officiate in sport and physical activity 	<p>Pupils are assessed internally using coursework set by the exam board.</p>
<p>Unit 4</p>	<p>What is motivation? What factors impact motivation for sport and exercise? What impact does stress, anxiety and arousal have on sport?</p>	<ol style="list-style-type: none"> 1. Know the different factors that affect motivation for sport and exercise 2. Understand attribution theory in relation to sport and exercise 3. Understand the effects of stress, anxiety and arousal in sport and exercise 4. Understand the importance of group dynamics in team sports and group exercise 5. Understand the psychological impact of sport and exercise on mental health and wellbeing 	<p>Pupils are assessed internally using coursework set by the exam board.</p>
<p>Unit 5</p>	<p>What constitutes an emergency? What are the first aid requirements in sporting events? What is safeguarding and why is it so important?</p>	<p>Working safely in sport and leisure</p> <ol style="list-style-type: none"> 1. Understand emergency procedures in sport, exercise, health and leisure 2. Understand health and safety requirements in sport, exercise, health and leisure 3. Understand how to minimise risk in sport, exercise, health and leisure 4. Know first aid requirements for sport, exercise, health and leisure 5. Know how to safeguard children and vulnerable adults in sport, exercise, health and leisure 	<p>Pupils are assessed internally using coursework set by the exam board.</p>
<p>Unit 6</p>	<p>What are the needs of specific groups? How can we differentiate to allow all to participate?</p>	<ol style="list-style-type: none"> 1. Know about the provision of physical activity for specific groups 2. Know the benefits of and barriers to participating in physical activity for specific groups 3. Know the exercise referral process 4. Be able to plan physical activity sessions for specific groups 	<p>Pupils are assessed internally using coursework set by the exam board.</p>

Resources Recommended for Revision and where they are available:

Cambridge Technical Weebly website

www.stjohnscambridgetechnicalsport@weebly.co.uk

Homework

Expected time allocation for the subject

4 hours per week

Additional support and help for the course

Cambridge Technical Weebly website

www.stjohnscambridgetechnicalsport@weebly.co.uk

Extra-Curricular:

Revision sessions for all external exams