



# St John's Curriculum Overview – Year 12&13



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

<b>Introduction</b>
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

<b>Term Topic</b>	<b>Subject Specific topic Questions</b>	<b>Subject content</b>	<b>Assessment details</b>
<b>Unit 1</b>	<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"> <li>1. Understand the skeletal system in relation to exercise and physical activity</li> <li>2. Understand the muscular system in relation to exercise and physical activity</li> <li>3. Understand the cardiovascular system in relation to exercise and physical activity</li> <li>4. Understand the respiratory system in relation to exercise and physical activity</li> <li>5. Understand the different energy systems in relation to exercise and physical activity</li> </ol>	Students are assessed externally in an exam set by OCR.
<b>Unit 2</b>	<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"> <li>1. Be able to apply skills, techniques and tactics in an individual sport</li> <li>2. Be able to apply skills, techniques and tactics in a team sport</li> <li>3. Be able to apply skills and knowledge in outdoor and adventurous activities</li> <li>4. Be able to officiate in sport and physical activity</li> </ol>	Pupils are assessed internally using coursework set by the exam board. Pupils need to create their own sports videos

<b>Unit 3</b>	<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"> <li>1. Know the roles and responsibilities of sports coaches and activity leaders</li> <li>2. Be able to apply skills, techniques and tactics in a team sport</li> <li>3. Be able to apply skills and knowledge in outdoor and adventurous activities</li> <li>4. Be able to officiate in sport and physical activity</li> </ol>	<p>Pupils are assessed internally using coursework set by the exam board.</p>
<b>Unit 4</b>	<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"> <li>1. Know the different factors that affect motivation for sport and exercise</li> <li>2. Understand attribution theory in relation to sport and exercise</li> <li>3. Understand the effects of stress, anxiety and arousal in sport and exercise</li> <li>4. Understand the importance of group dynamics in team sports and group exercise</li> <li>5. Understand the psychological impact of sport and exercise on mental health and wellbeing</li> </ol>	<p>Pupils are assessed internally using coursework set by the exam board.</p>
<b>Unit 5</b>	<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"> <li>1. Understand emergency procedures in sport, exercise, health and leisure</li> <li>2. Understand health and safety requirements in sport, exercise, health and leisure</li> <li>3. Understand how to minimise risk in sport, exercise, health and leisure</li> <li>4. Know first aid requirements for sport, exercise, health and leisure</li> <li>5. Know how to safeguard children and vulnerable adults in sport, exercise, health and leisure</li> </ol>	<p>Pupils are assessed internally using coursework set by the exam board.</p>
<b>Unit 6</b>	<p>What are the needs of specific groups? How can we differentiate to allow all to participate?</p>	<ol style="list-style-type: none"> <li>1. Know about the provision of physical activity for specific groups</li> <li>2. Know the benefits of and barriers to participating in physical activity for specific groups</li> <li>3. Know the exercise referral process</li> <li>4. Be able to plan physical activity sessions for specific groups</li> </ol>	<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](http://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  
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**Extra-Curricular:**

Revision sessions for all external exams