**PE (sport science) Curriculum**

**Whole School Intent**

To create a community of learners who are inspired through high quality, passionate teaching and integrated support: all achieve success because of this positive, learning environment.

**Overview of course**

The pupils on the course must complete three units out of selection of four. One Unit is mandatory (R180) which includes an exam with two other optional units that can be selected from the remaining three units. The optional units require coursework based tasks.

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

R181 – Applying the principle of training: fitness and how it effects skill performance.

R182 – The body’s response to physical activity and how technology informs this.

R183 – Nutrition and sports performance.

**Prior Knowledge**

During lessons in KS3, pupils are introduced to elements of the academic side of PE including components of fitness, diets and healthy lifestyles, fitness testing, injuries in sports and how the body reacts to exercise in both the short term and long term. This content is directly applicable to the course and gives the pupils on the qualification a baseline understanding which is then enhanced to a level to support pupils to demonstrate the knowledge and understand to achieve higher grades. KS3 lessons can have direct reference and highlight when content which is relevant to the course is mentioned in core lessons and subjects like sports science and sports leadership.

**Exit routes**

Once the course is completed, it gives pupils an understanding of the content to be covered at Level 3 on the Cambridge national sport science course and the A-Level PE course. Careers are discussed throughout the course including but not limited to: Sports performance analysist, personal trainer, coach, dietician and teacher. During these discussions, the pathways for the chosen careers are discussed and explained to help pupils understand the required next steps. Fitness testing protocols are carried out and personal exercise programmes are designed and implemented giving pupils first hand experiences of elements of the careers which are discussed. The style of work and assessment prepares them for both the option of exam based or coursework based course at post 16 level.

**Assessment**

Course work is assessed within NEA. Each unit has a selected number of tasks, which links to the various aspects of the unit. Pupils need to demonstrate knowledge and understanding of the content along with the ability to analyse and evaluate. They will be expected to evaluate examples and scenarios whilst also referencing themselves and how the content can be applied within their own practice. The assessment must be completed under exam conditions and also within an allotted amount of time. The third unit is an exam which must be completed once the other 2 units and their coursework tasks are marked and submitted. If a unit wishes to be resat the exam would still need to take place after the units are completed. The first optional unit will be graded and submitted by May in the first year with the second optional unit being graded and submitted by January in the second year. The final exam will take place in May in the second year. The mandatory unit which is an exam must be sat after the 2 optional units have been submitted.

**Support required**

Pupils need initial support to understand how to produce a presentation, document, and review for the assessments. Exemplar work can be used to provide an example of how the structure should be set out and how formulate an answer. Support may be needed to help conduct and test components of fitness. This is required on the optional unit R181 where pupils must carry out testing on a peer and themselves with confidence and accuracy. Support can be provided to demonstrate how they are set up and the procedure to correctly conduct the test.