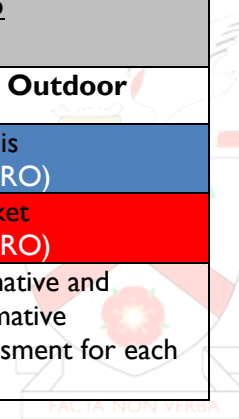




	<b>Autumn 1</b> September - October		<b>Autumn 2</b> October - December		<b>Spring 3</b> January - February	
<b>Year 7 - Girls</b> 4 hours per fortnight	<b>Indoor</b>	<b>Outdoor</b>	<b>Indoor</b>	<b>Outdoor</b>	<b>Indoor</b>	<b>Outdoor</b>
	Badminton (SPORTS HALL)	Hockey (ASTRO)	Fitness Suite (DANCE STUDIO)	Netball (BACK COURTS)	Dance (DANCE STUDIO)	Fitness
	Dance (DANCE STUDIO)	Netball (BACK COURTS)	Trampolining (GYM)	Football (ASTRO)	Badminton (SPORTS HALL)	Fitness
Assessment	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit
	<b>Spring 4</b> February - March/April		<b>Summer 5</b> March/April - May		<b>Summer 6</b> May - July	
	<b>Indoor</b>	<b>Outdoor</b>	<b>Indoor</b>	<b>Outdoor</b>	<b>Indoor</b>	<b>Outdoor</b>
	Trampolining (GYM)	Football (ASTRO)	Athletics (SEE ROTA)	Rounders (FIELD)	Athletics (SEE ROTA)	Tennis (ASTRO)
	Fitness Suite	Hockey (ASTRO)	Athletics (SEE ROTA)	Rounders (FIELD)	Athletics (SEE ROTA)	Cricket (ASTRO)
Assessment	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit

HIGHT SCHOOL

















<b>Year 11Q</b> 3 hours per fortnight	<b>Autumn 1</b> September - October		<b>Autumn 2</b> October - December		<b>Spring 3</b> January - February	
1.	Football		Badminton		Table Tennis	
2.	Badminton		Table Tennis		Circuit training	
3.	Netball		Fitness Suite		Badminton	
4.	Trampolining		Dance		Fitness Suite	
Assessment	<b>N/A</b>		<b>N/A</b>		<b>N/A</b>	
	<b>Spring 4</b> February - March/April		<b>Summer 5</b> March/April - May		<b>Summer 6</b> May - July	
1.	Option 1		Summer Game		Athletics/Tennis	
2.	Option 2		Invasion Game		Athletics/Cricket	
3.	Option 3		Summer Game		Athletics/Rounders	
4.	Option 4		Aesthetic		Athletics/Rounders	
Assessment	<b>N/A</b>		<b>N/A</b>		<b>N/A</b>	
<b>Year 11U</b> 3 hours per fortnight	<b>Autumn 1</b> September - October		<b>Autumn 2</b> October - December		<b>Spring 3</b> January - February	
1.	Football		Badminton		Table Tennis	
2.	Badminton		Table Tennis		Circuit training	
3.	Fitness		Netball		Badminton	
4.	Trampolining		Dance		Fitness Suite	
Assessment	<b>N/A</b>		<b>N/A</b>		<b>N/A</b>	
	<b>Spring 4</b> February - March/April		<b>Summer 5</b> March/April - May		<b>Summer 6</b> May - July	
1.	Option 1		Summer Game		Athletics/Tennis	
2.	Option 2		Invasion Game		Athletics/Cricket	

3.	Option 3		Summer Game		Athletics/Rounders	
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Year 11 R 3 hours per fortnight	<u>Autumn 1</u> September - October		<u>Autumn 2</u> October - December		<u>Spring 3</u> January - February	
1.	Table Tennis		Badminton		Fitness Suite	
2.	Rugby		Table Tennis		Indoor Cycling	
3.	Badminton		Fitness Suite		Netball	
4.	Extra (XL)		OPTION		OPTION	
Assessment	<b>N/A</b>		<b>N/A</b>		<b>N/A</b>	
	<u>Spring 4</u> February - March/April		<u>Summer 5</u> March/April - May		<u>Summer 6</u> May - July	
1.	Option 1		Summer Game		Athletics/Tennis	
2.	Option 2		Invasion Game		Athletics/Cricket	
3.	Option 3		Summer Game		Athletics/Rounders	

HIGH SCHOOL



### OCR SPORTS STUDIES CURRICULUM MAP 2021/23

Year 10 5 hours per fortnight	<u>Autumn 1</u> September - October	<u>Autumn 2</u> October - December	<u>Spring 1</u> January - February
	<b>R051: Contemporary Issues</b>		<b>R053: Sports leadership</b>
	<b>LO1:</b> Understand the issues, which affect participation.  End of LO1 test	<b>LO3:</b> Understand the importance of hosting major sporting events.  End of LO3 test (recap 1,2 & 3)	-Students will be completing the <b>Sports Leaders Award at Leigh Sports Village</b> - Alongside completing the sports leaders award students will complete:
	<b>LO2:</b> Know about the role of sporting promoting values.  End of LO2 test (recap 1 & 2)	<b>LO4:</b> Know about the role of National Governing Bodies.  End of LO4 test (recap 1,2,3 & 4)	<b>LO1:</b> Know the personal qualities, styles, roles and responsibilities associated with effective
		<b>EXAM- JANUARY</b>	
		<b>RESIT OPPORTUNITY- MAY</b>	

	<b>Spring 2</b> February - March/April	<b>Summer 1</b> March/April - May	<b>Summer 2</b> May -July
	<b>LO2:</b> Be able to plan a sports activity session.	Students will begin to deliver warm up's in primary schools. This will continue until May.	<b>LO4:</b> Be able to evaluate own performance in delivering a sports session.
	<b>Work Scrutiny LO1 LO2</b>	<b>LO3:</b> Be able to deliver a sports activity session. <b>WITNESS STATEMENT</b>	<b>SUBMISSION DATE: RO53/RO52 January 10th</b>
		<b>COMPLETE BY: End of May</b>	<b>RE SITS RO52</b>
		<b>Lunchtime revision sessions for re sits in May students will have been identified for their resit</b>	<b>Tracking completed &amp; standardisation of unit- JUNE RO53</b>
			<b>Summer homework/project set- Research for LO1: RO55 or RO56</b>
			*Students will have the opportunity to get involved with ATSA AND KS2 sports events.

# FRED LONGWORTH

## HIGH SCHOOL



## OCR SPORTS STUDIES CURRICULUM MAP 2021/23

Year 11 5 hours per fortnight	<u>Autumn 1</u> September - October	<u>Autumn 2</u> October - December	<u>Spring 1</u> January - February
	<b>R056-Developing knowledge and skills in outdoor activities</b>	<b>LO2:</b> Understand the value of participating in outdoor activities.	<b>R052: Developing sports skills</b>
	Students will be participating in two outdoor activities over a two-week period.		<b>LO1:</b> Be able to use skills, techniques and tactics/strategies/compositional ideas as an <b>individual</b> performer in a sporting activity.
	<b>LO1:</b> Know about different types of outdoor activities and their provision.		<b>WITNESS STATEMENT</b> <b>SUBMISSION DATE - JANUARY</b>
	<b>LO4:</b> Be able to demonstrate knowledge and skills during outdoor activities.	<b>LO3:</b> Be able to plan an outdoor activity.	<b>LO2:</b> Be able to use skills, techniques and tactics/strategies/compositional ideas as a <b>team</b> performer in a sporting activity
		<b>SUBMISSION DATE-MAY</b>	<b>WITNESS STATEMENT</b> <b>SUBMISSION DATE- FEBRUARY</b>
	<u>Spring 2</u> February - March/April	<u>Summer 1</u> March/April - May	<u>Summer 2</u> May -July
	<b>LO3:</b> Be able to officiate in a sporting activity.	<b>Resubmission period for all students to analyse personal trackers to determine which learning objectives can be re submitted</b>	
	<b>WITNESS STATEMENT</b>	<b>FINAL UNIT SUBMISSION TO KAREN- 15<sup>th</sup> May</b>	
	<b>SUBMISSION DATE - MARCH</b>	<b>ONLY when ALL work is complete and submitted can students participate in practical lessons.</b>	
	<b>LO4:</b> Be able to apply practice methods to support improvement in a sporting activity	<b>REWARDS TRIP!</b>	
	<b>SUBMISSION DATE-APRIL</b>		
	<b>RESUBMISSION DATE- MAY</b>		

## OCR SPORTS STUDIES CURRICULUM MAP 2022/24

Year 10 5 hours per fortnight	<b>Autumn 1</b> September - October	<b>Autumn 2</b> October - December	<b>Spring 1</b> January - February
	<p><b>RI87: Increasing awareness of Outdoor &amp; Adventurous Activities.</b></p> <p><b>Topic area 1:</b> Provision for different types of outdoor and adventurous activities in the UK</p> <p>1.1 The provision available for outdoor and adventurous activities both locally and nationally</p> <p>1.1.2 Outdoor activity organisations (including NGBs)</p> <p><b>Topic Area 3:</b> Plan for and be able to participate in an outdoor and adventurous activity</p> <p>3.4 Demonstrate appropriate skills in outdoor activities</p>	<p><b>Topic Area 2:</b> Equipment, clothing and safety aspects of participating in outdoor and adventurous activities</p> <p>2.1 Types of equipment to be used for participation</p> <p>2.2 Types of clothing to be used for participation</p> <p>2.3 Types of technology that can enhance participation or safety</p> <p>2.4 Types of terrain and environment</p>	<p><b>Topic Area 3:</b> Plan for and be able to participate in an outdoor and adventurous activity</p> <p>3.1 Key considerations when planning an outdoor activity in a specified location</p> <p>3.2 Outdoor activity risk assessment</p> <p>3.3 Emergency procedures plan</p> <p><b>Topic Area 4:</b> Evaluate participation in an outdoor and adventurous activity</p> <p>4.1 Evaluate participation of outdoor activity</p> <p>4.2 Evaluate the value of participating in outdoor activities</p>
			Assignment standardisation before <b>submission in June 2023 (Feb ½ term)</b>
	<b>Spring 2</b> February - March	<b>Summer 1</b> March- May	<b>Summer 2</b> May -July
	<p><b>RI85: Performance and leadership in sports activities</b></p> <p><b>Topic Area 1:</b> Key components of performance</p> <p>1.1 Performance in <b>two</b> selected activities</p> <p>1.2 Participating in your activities</p> <p>1.3 Decision-making during performance</p> <p>1.4 Managing and maintaining performance in individual activities</p> <p>1.5 Your role and contribution to team activities</p>	<p><b>Topic Area 2:</b> Applying practice methods to support improvement in a sporting activity</p> <p>2.1 Strengths and weaknesses of sports performance</p> <p>2.2 Methods to improve performance</p> <p>2.3 Measuring improvement in performance</p>	<p><b>Topic Area 3:</b> Organising and planning a sports activity session</p> <p>3.1 Organisation of a sports activity session</p> <p>3.2. Safety considerations when planning a sports activity session</p> <p>3.3 Objectives to meet the needs of the group</p> <p><b>Topic Area 4:</b> Leading a sports activity session</p> <p>4.1 Organisation of a sports activity session</p> <p>4.2 Leading a sports activity session</p>

## OCR SPORTS STUDIES CURRICULUM MAP 2022/24

<b>Year 11</b> 5 hours per fortnight	<b>Autumn 1</b> September - October	<b>Autumn 2</b> October - December	<b>Spring 1</b> January - February
	<b>Topic Area 5:</b> Reviewing your own performance in planning and leading a sports activity session  5.1 Review your leadership of a sports activity session		Assignment standardisation before submission in <b>January 2024</b> <b>Submit RI85:</b> Performance and leadership in sports activities in the January series

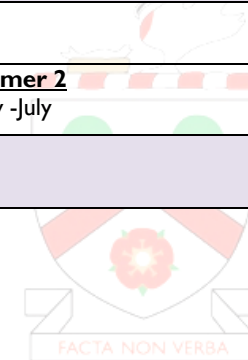
<b>Year 11</b> 5 hours per fortnight	<b>Spring 2</b> February - March/April	<b>Summer 1</b> March/April - May	<b>Summer 2</b> May -July
	<b>Revision/Retrieval/Practice exams/questions</b>	<b>Revision/Retrieval</b>	<b>EXAM</b>

**RI 85: Performance and leadership in sports activities**

**RI 84: Contemporary issues in sport**

The above two units will run a long at the same time. One unit being taught in **Week A** and the other in **Week B**

HIGH SCHOOL



## OCR SPORTS STUDIES CURRICULUM MAP 2022-2024

Year 10 5 hours per fortnight	<u>Spring 2</u> February - March	<u>Summer 1</u> March- May	<u>Summer 2</u> May -July
	<p>R184: <b>Contemporary issues in sport</b></p> <p><b>Topic Area 1:</b> Issues which affect participation in sport</p> <p>1.1 User groups</p> <p>1.2 Possible barriers</p> <p>1.3 Possible barrier solutions</p> <p>1.4 Factors which can positively and negatively impact upon the popularity of sport in the UK</p> <p>1.5 1.5 Emerging/new sports in the UK</p>	<p><b>Topic Area 2:</b> The role of sport in promoting values</p> <p>2.1 Sport values</p> <p>2.2 The Olympic and Paralympic movement</p> <p>2.3 Sporting values initiative and campaigns</p> <p>2.4 The importance of etiquette AND sporting behaviour</p> <p>2.5 The use of Performance Enhancing Drugs (PEDs) in sport</p>	<p><b>Topic Area 3:</b> The implications of hosting a major sporting event for a city or country</p> <p>3.1 The features of a major sporting event</p> <p>3.2 Positive and negative pre-event aspects of hosting a major sporting event</p> <p>3.3 Potential positive and negative aspects of hosting a major sporting event</p>
	<b>End of unit test 1 Feedback</b>	<b>End of unit test 2 Feedback</b>	<b>End of unit test 3 Feedback</b>
2023/2024	<u>Autumn 1</u> September - October	<u>Autumn 2</u> October - December	<u>Spring 1</u> January - February
	<p><b>Topic Area 4:</b> The role National Governing Bodies (NGBs) play in the development of their sport</p> <p>4.1 National Governing Bodies (NGBs)</p>	<p><b>Topic Area 5:</b> The use of technology in sport</p> <p>5.1 The role of technology in sport</p> <p>5.2 Positive and negative effects of the use of technology in sport</p>	
	<b>End of unit test 4 Feedback</b>	<b>End of unit test 5 Feedback</b>	<b>Year 11 Mock Paper</b>

HIGH SCHOOL



Year 11 5 hours per fortnight	<u>Spring 2</u> February - March/April	<u>Summer 1</u> March/April - May	<u>Summer 2</u> May -July
	<b>Revision/Retrieval/Practice exams/questions</b>	<b>Revision/Retrieval</b>	<b>EXAM</b>

## GCSE PE THEORY CURRICULUM MAP YEAR 10

<b>Year 10</b> 5 hours per fortnight	<b>Autumn 1</b> September - October	<b>Autumn 2</b> October - December	<b>Spring 1</b> January - February
3 HOURS OF THEORY	<b>Section 1-Applied Anatomy &amp; Physiology</b>	1.2 The structure & function of the muscular system. (AEP) antagonist pairs and the different types of movement by each muscle group.	1.4 The cardiovascular & respiratory systems.
2 HOURS OF PRACTICAL	1.1 The structure & function of the skeletal system.	1.3 Movement analysis (AEP) 4 main joints, range of movement around as joint	<b>END OF UNIT TEST 3</b>
	<b>END OF UNIT TEST 1</b>	<b>END OF UNIT TEST 2</b>	
	<b>Spring 2</b> February - March/April	<b>Summer 1</b> March/April - May	<b>Summer 2</b> May -July
	1.5 The effects of exercise on the body systems.	<b>Section 2- Physical Training</b>	2.3 Preventing injury in physical activity and training. (AEP) Warm up/Cool down/Risk Assessment/Principles of Training)
	<b>END OF UNIT TEST 4</b>	2.1 Components of fitness (AEP) definitions, fitness tests and evaluations	<b>END OF UNIT TEST 7</b>
			AEP – overview of key skills and assessment of skills including x3 strengths and weaknesses.
		<b>END OF UNIT TEST 5</b>	
			1. Students to complete a walk talk of paper one in preparation for the summer homework.
		2.2 Applying the principles of training.	<b>2. Summer homework/project set- complete paper one.</b>
		<b>END OF UNIT TEST 6</b>	<b>3. MOCK paper 1</b>



## GCSE PE THEORY CURRICULUM MAP YEAR 11

<b>Year 11</b> 5 hours per fortnight	<b>Autumn 1</b> September - October	<b>Autumn 2</b> October - December	<b>Spring 1</b> January - February
3 HOURS OF THEORY	<b>Section 3- Socio-Cultural Influences</b>	<b>Section 4- Sports Psychology</b>	<b>Section 5- Health, Fitness &amp; Well-being</b>
2 HOURS OF PRACTICAL	3.1 Engagement patterns of different social groups in activities and sports.	3.3 Ethnical & socio-cultural issues in physical activity & sport	4.3 Mental preparation
	3.2 Commercialisation of physical activity & sport	<b>END OF UNIT TEST 8</b>	4.4 Types of guidance & feedback
		4.1 Characteristics of skilful movement & classification of skills AEP – Skill classification (Movement Analysis)	<b>END OF UNIT TEST 9</b>
		4.2 Goal setting AEP – Action Plan SMART	
	<b>Spring 2</b> February - March/April	<b>Summer 1</b> March/April - May	<b>Summer 2</b> May - July
	5.1 Health, fitness & well being	<b>Section 4: Assessment</b>	-REVISION- apply techniques
	5.2 Diet & nutrition	<b>Section 5: Movement analysis</b>	-Past papers
	<b>END OF UNIT TEST 10</b>	<b>Section 6: Action plan- 5 hours</b>	-RECAP- on any topics that students found difficult.
	<b>AEP- Controlled Assessment-9 hours</b>	<b>AEP-Final section to complete</b>	<b>EXAMS</b>
	<b>Section 1: Evaluation</b>	Practical mock exams with schools within the cluster	Paper 1 Wednesday 13 <sup>th</sup> MAY Paper 2 Friday 15 <sup>th</sup> MAY Middle week of MAY
	<b>Section 2: Analysis</b>	NEA grades inputted into OCR spreadsheet and sent with video evidence to the examiner by 31 <sup>st</sup> March	
	<b>Section 3: Overview</b>	NEA external moderation date: TBC	