

## Ks5 Sport and Physical Activity Rationale

*“Sometimes you have to go through difficult times and failures, to learn and improve”.*

*Gareth Southgate - Men’s England Football Manager*

This is a two-year vocational course, designed especially for our students, mapping out the right units to meet their educational needs and interests. It’s not just about results, it’s about educating our students with the knowledge and skills required for employment and for the community as a whole. Developing the behaviours and attributes needed to progress and succeed in further education and in the workplace.

### Year 12 Sport

An element of the year 12 course is geared towards preparing students for potential careers after their Sixth Form studies. The **Sports Coaching and Leadership** unit focuses on jobs such as sports coaching, activity leaders and PE teachers. Whilst imparting some of the practical knowledge about what these jobs involve in the real world, the main focus of this section of the course is to give students some practical experience of what being a sports leader is like. This not only involves delivering sports sessions but also includes very realistic tasks such as session planning, risk assessments, planning specific sessions based on the needs of their participants and considering a focus and suitable activities for each session. Further to this they learn valuable skills in being reflective and looking at their own strengths and weaknesses.

Another unit which students study in Year 12 is **body systems and the effects of physical activity**. This is a compulsory unit set by OCR where students learn about a range of systems including: skeletal, muscular, respiratory, cardiovascular and energy systems. This unit allows students to delve into the structure and functions of each system and how physical activity impacts on the systems and how this may affect sport performance. This unit allows students to make links with other subjects such as the sciences and build their knowledge using sporting contexts. Students apply their knowledge in a range of application questions which are assessed in an exam at the end of the unit. Students really find this unit interesting and it is amazing to see how the body works during sport exploring the many health and social benefits exercise/sport can have on our bodies.

### Year 13 Sport

In Year 13 students start the course with the exam assessed unit **Sports Organisation and Development**, this unit our students gain an understanding of the organisations involved in sport in the UK, their roles and responsibilities and how they work together. They will also gain an understanding of sports development, including the organisations involved, who sports development is targeted at and why, how sports development is carried out and how the success of sports development initiatives can be measured. This is a very important and relevant unit for our students to cover if they are wanting a future in the sports industry because the organisation of sport in the UK can be quite complex with multiple agencies and organisations, both inside of and outside of the UK, working together at different levels on different agendas and we feel it is important they understand it and how it works. It also gives our students a great foundation and a

head start for their sporting careers with one of the key areas which most, if not all, of the organisations involved in sport in the UK are concerned with is sports development and the increase of participation in sport and physical activity, both to improve the health of the nation but also to aid the development of elite athletes who can compete and achieve on an international level.

Alongside this unit we run the **Practical skills in Sport and Physical Activity** unit this is a practical unit that gives the students the opportunity to participate and perform in a range of individual sports, team sports, outdoor adventure and officiating in sports. Allows the students to experience first-hand the competitive situations of playing and officiating along with an outdoor sport (rock climbing and high ropes course). Embeds and solidifies their knowledge of a range sport in areas of skills, tactics, techniques, and rules. Students learn skills on how to reflect which helps the students to be critical and very analytical on their own performances in an individual and team sport setting. The students will learn about themselves on their personal strengths and weaknesses these reflections will be a key life skill to take forward to understand about reflection their own judgement and how to correctly apply this in a positive way to any future job or tasks.

Finally, in year 13 the students complete **Organisation of a Sports Event**, this is a fantastic unit and historically our students perform very well in their assessments, it is designed for our students to develop skills in planning, promoting and delivering a sports event; with a focus primarily on their individual role as well as working as part of a team and reflecting on their input and future personal development. Students will learn and understand that sports events vary in size, impact and purpose but all involve sharing a passion and love for different sporting activities. From local leagues and competitions to mega events such as the Olympics, sport has the power to bring people together for a common aim or purpose. Events such as the London Marathon and Sport Relief demonstrate individuals' drive and purpose in raising money for charity through sport. Also, local voluntary sports clubs organise and run events to increase participation and numbers and to help raise funds for their grass roots teams. This unit enables our students to establish transferrable skills which can be used within sport and active leisure as well as within the fitness industry. It will also enhance skills such as teamwork, organisation and safeguarding awareness, which are the skills they will need and use in everyday life situations, for their future University course or a career in the sports industry.