

## **Curriculum Statement of Intent Sport and Health**

### **Purpose of Study**

Students will study sport throughout their five years at the academy, and in this time, they will develop physical, intellectual, emotional, and social confidence, they will do this through:

- Developing confidence and competence to perform in a variety of sports
- Building character to be able to work collaboratively with others to be successful in competition
- Being part of a sporting community

### **Core concepts and principles of progression**

- Students will develop physical literacy through, practicing, refining and competently performing skills and techniques in a variety of sports
- Students will gain, develop, refine, and competently apply tactics and strategies in a variety of sports to overcome opponents
- Students will be able to accurately analyse sports performance, identifying strengths and areas to improve in relation to skills, techniques, and tactics in a variety of sports
- Students will have the opportunity to take part in competitive sport at different levels including, inter house, county and national
- Students will develop personal characteristics such as, respect, self-control, collaboration, and honesty through competitive sports performance
- Students will develop an understanding of the benefits of a healthy and active lifestyle, using this knowledge to lead a healthy and active lifestyle

### **Aims/Outcomes**

Through our carefully sequenced and ambitious curriculum our students will:

- Have developed knowledge and understanding to be able to lead a healthy and active lifestyle
- Have developed competent skills to be able to perform and excel in a variety of sports
- Have developed expertise to remain physically active for sustained for periods of time
- Established leadership characteristics which they can use in all aspects of life

## Core sport curriculum

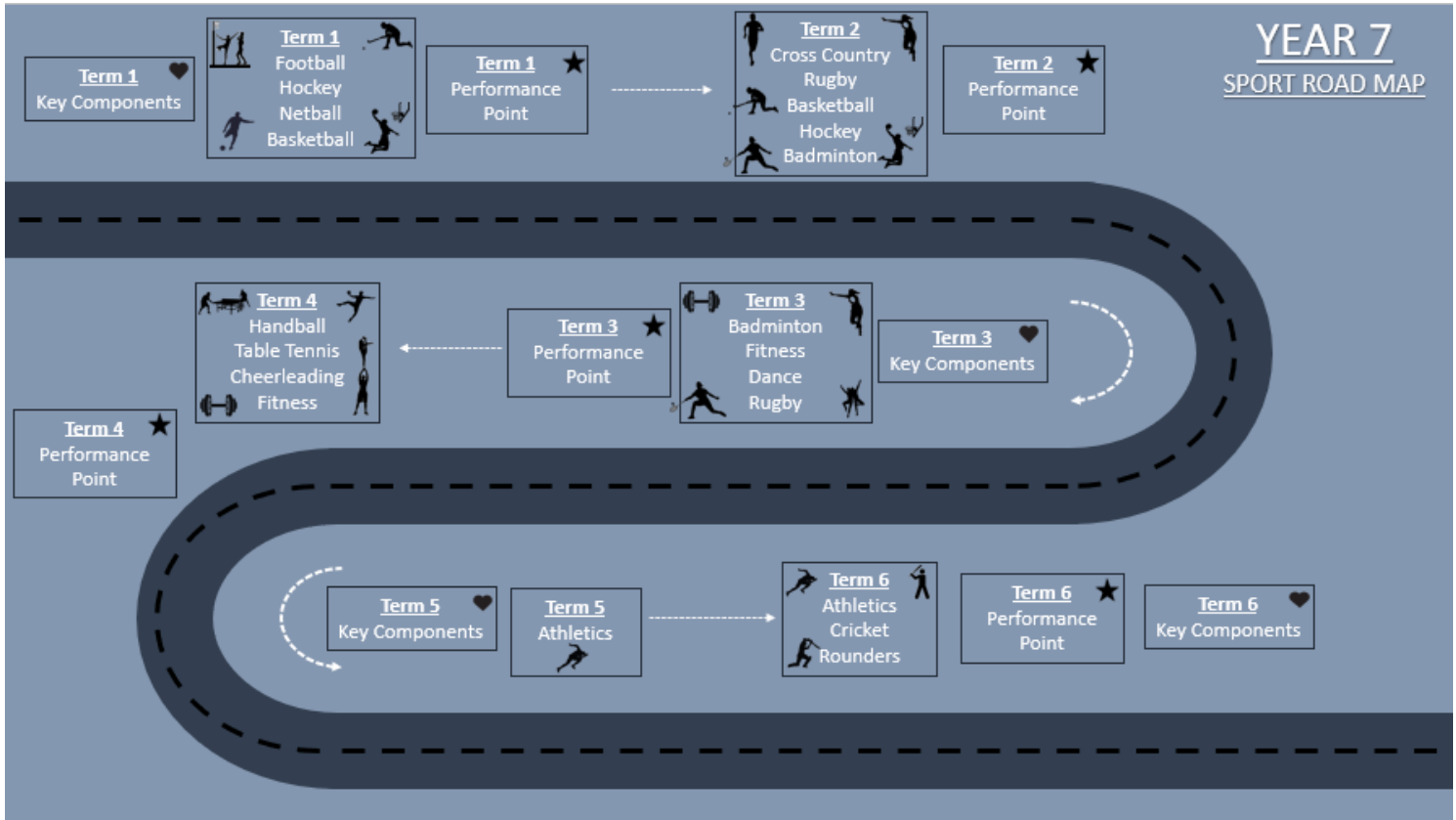
At key stage 3 students have 2 hours per week of core sport. At key stage 4 students have 1 hour per week of core sport. In year 7 students will gain knowledge in a variety of sports, in year 8 students will develop their knowledge in a variety of sports, in year 9 students will refine their knowledge in a variety of sports and in years 10 and 11 they will develop competence in a variety of sports.

Our Key Stage 3 and 4 core sport curriculum meets the requirements of the Physical Education programme of study. The National curriculum purpose suggests that all students should become physically confident, build character and succeed and excel in competitive sport, which they do throughout each term of our key stage 3 and 4 curriculum. The curriculum is focused on ensuring that all students know, apply and understand matters, skills and processes when performing in a variety of sports.

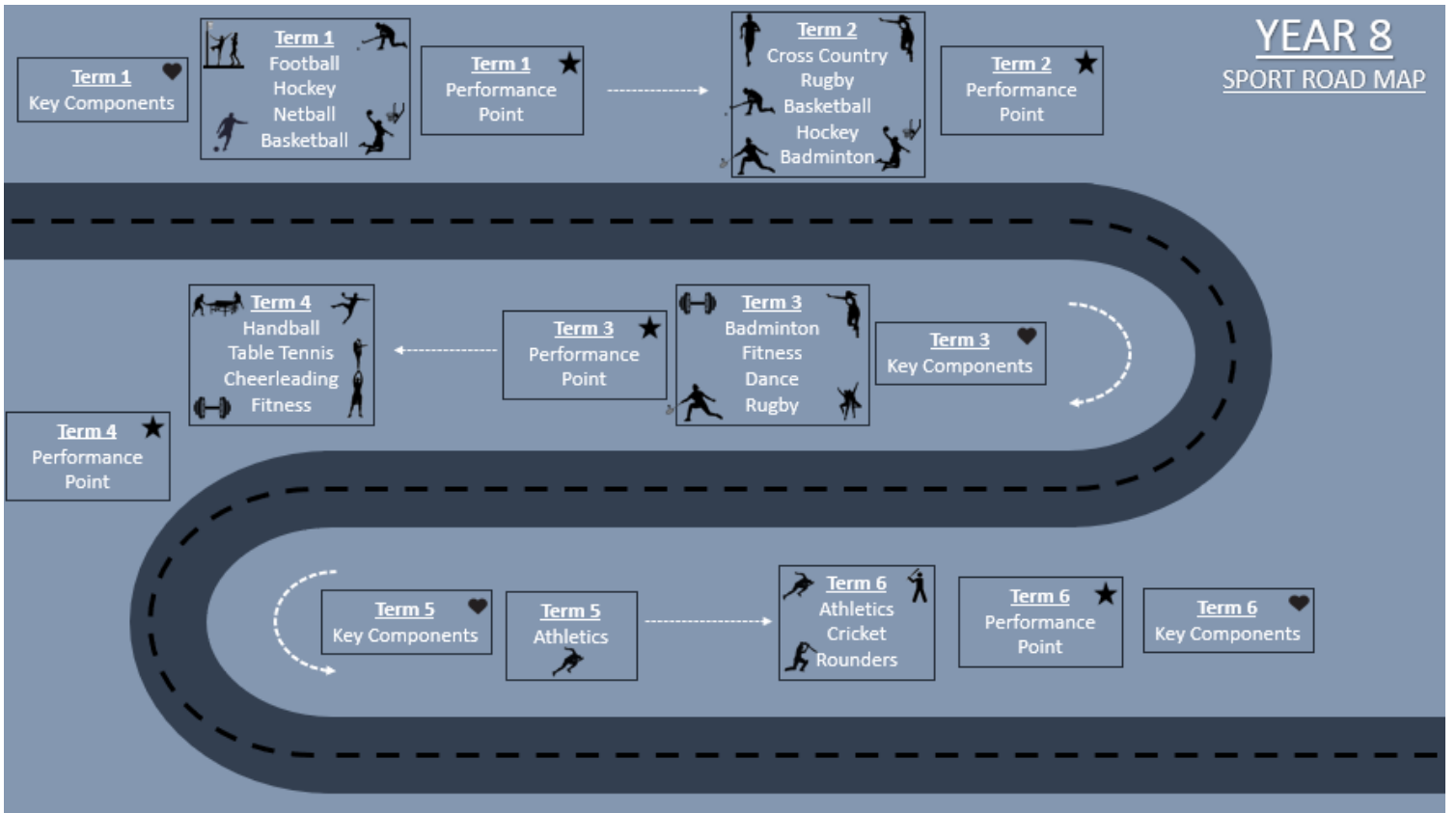
Students meet the subject content requirements in several ways throughout the curriculum, including:

- Developing tactics and strategies to overcome opponents in team and individual sports. Students can do this in the following team sports, football, hockey, netball, handball, rugby, cricket and rounders amongst others. Students can do this in the following individual sports, cross country, badminton, table tennis and athletics.
- Improve techniques and performance in other competition. Students can do this throughout the key stage 3 and 4 sport curriculum as most sports are taught in consecutive years, allowing students to improve and refine their techniques which in turn improves their performance.
- Perform dances. Students can do this at key stage 3 and 4 through the inclusion of a variety of dance styles and cheerleading on the curriculum.
- Analyse performance. Students analyse their own and their peer's performance in every sport lesson this is done through using coaching steps, technique points and video analysis.
- Take part in competitive sport in the school or community. Each student takes part in two competitive sports in each term as part of the curriculum. They also can represent their house in inter-house competitions and the academy at extra-curricular in intra-school competitions. Students are also encouraged to attend local sports clubs.

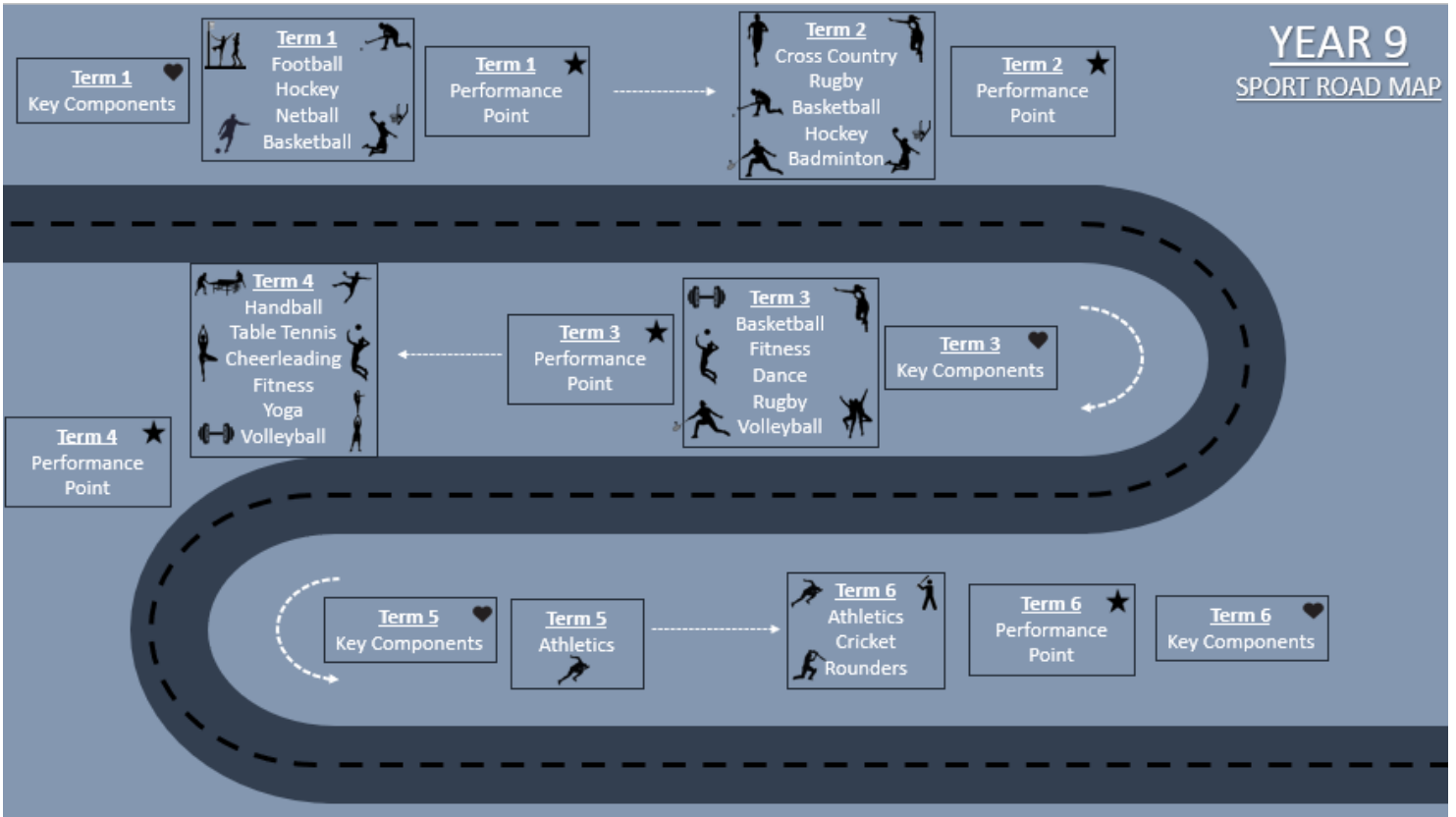
# YEAR 7 SPORT ROAD MAP



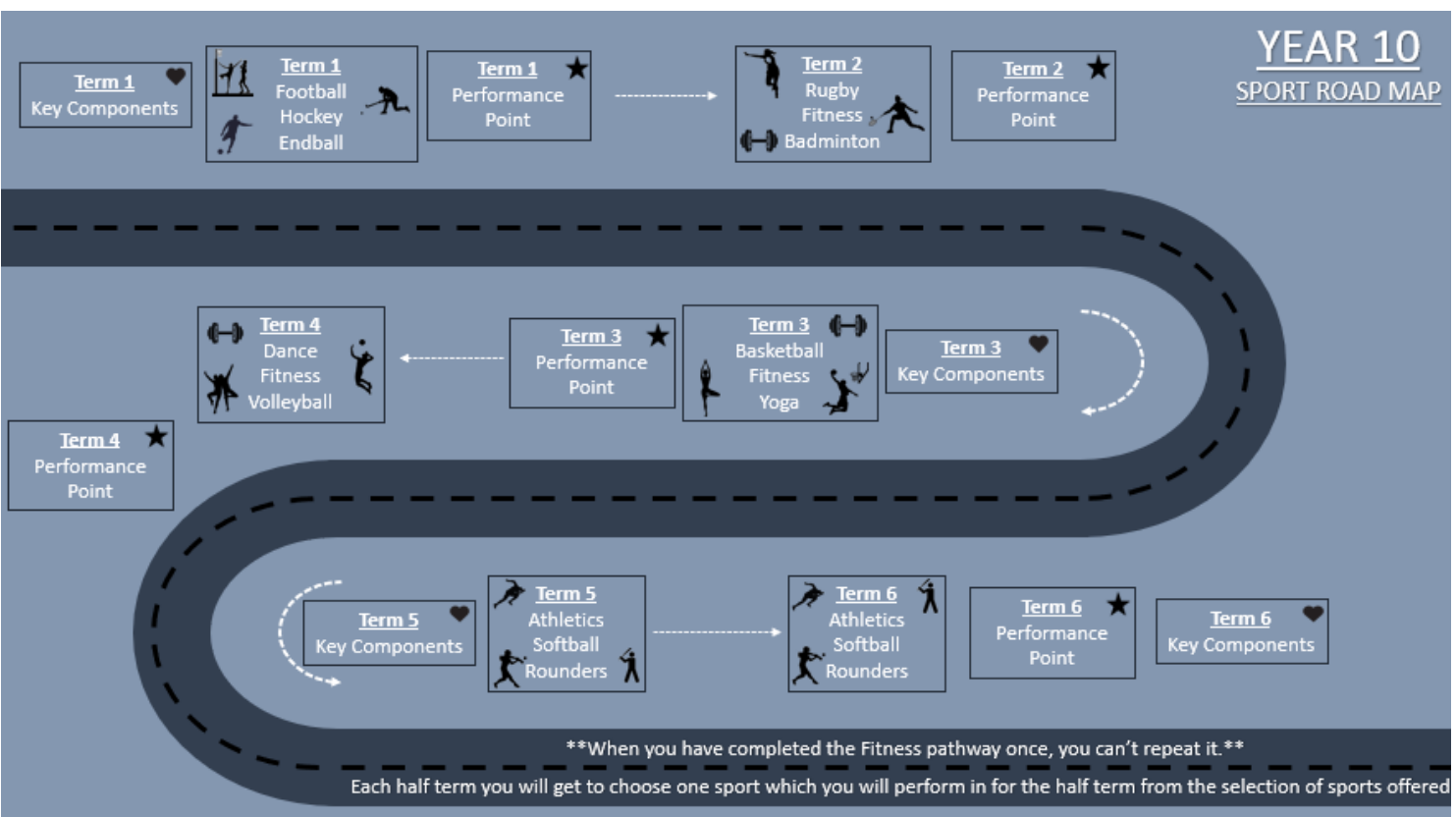
# YEAR 8 SPORT ROAD MAP



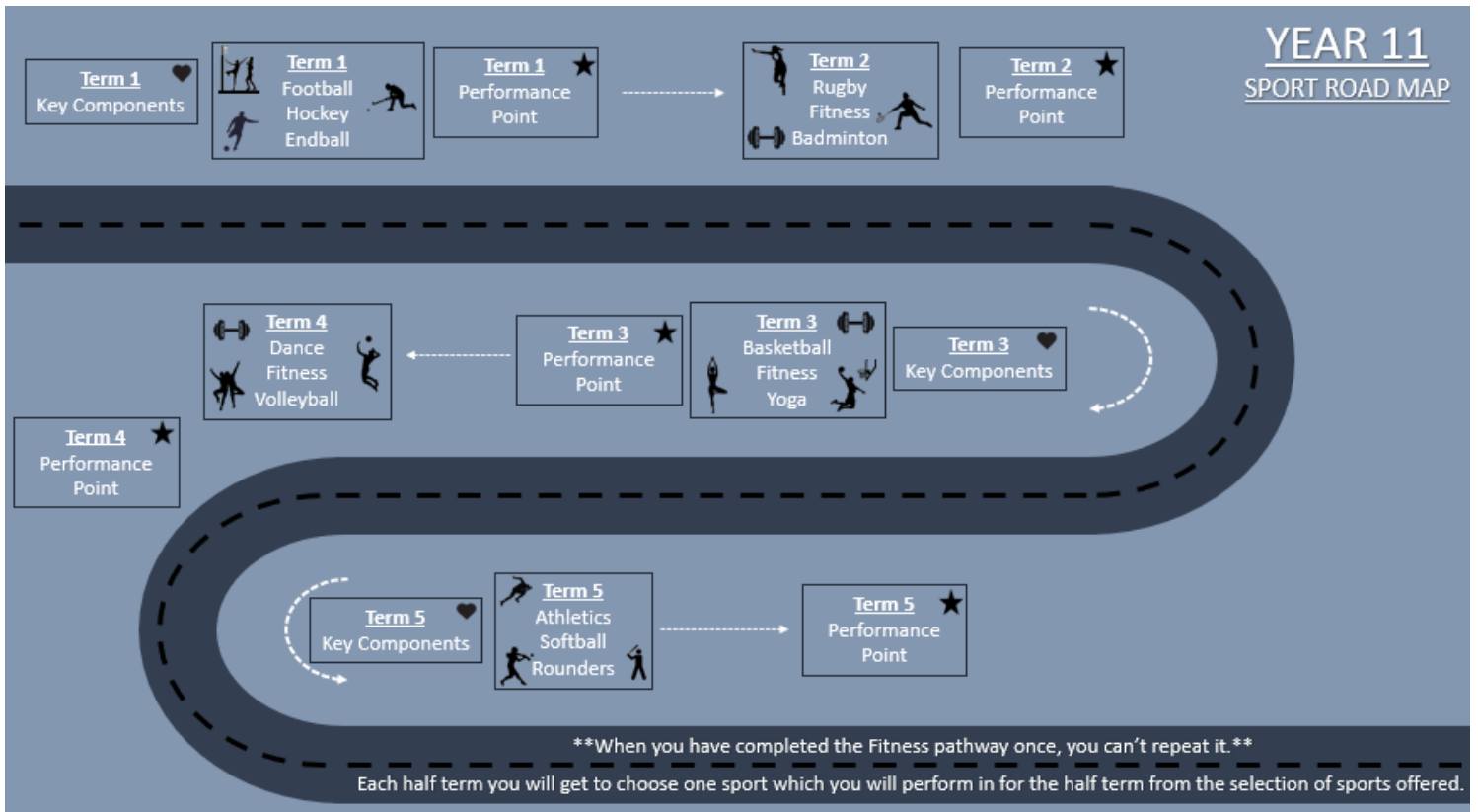
# YEAR 9 SPORT ROAD MAP



# YEAR 10 SPORT ROAD MAP

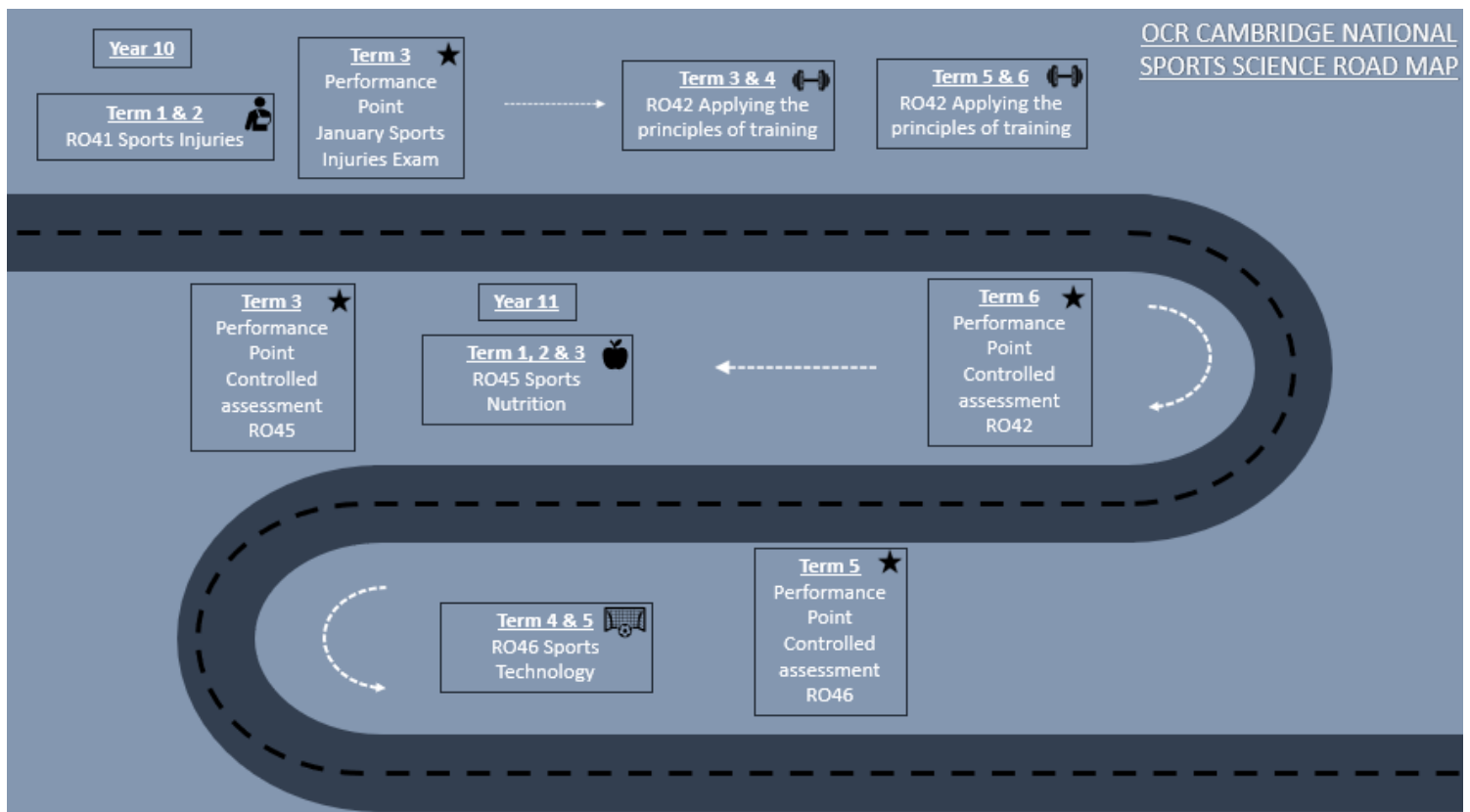


# YEAR 11 SPORT ROAD MAP



## OCR Cambridge National Sports Science Pathway

Sports science is an option pathway at key stage 4, students will study sport for 3 hours per week. This course builds on knowledge that students have gained, developed, and refined at key stage 3 especially in relation to key fitness components, and practical performance. The course will also introduce new sporting concepts in relation to sports injuries, sports nutrition, and sports technology.



BTEC Tech Health and Social Care Pathway

Health and social care is an option pathway at key stage 4, students will study health and social care for 3 hours per week. This course builds on knowledge that students have gained, developed, and refined in key stage 3 sport in relation to their own personal health. The course will also introduce new concepts to students in relation to lifespan development, life events, health and social care services, health and social care values, and the importance of a healthy lifestyle for positive growth and development.

