

Sport and Health

Intent

- To educate students in a wide variety of sporting topics.
- To encourage students to engage in life long participation in one sport or physical activity.
- To support students in living a healthy and active lifestyle developing a positive physical and mental wellbeing.
- To encourage students to be the best version of themselves developing personal skills such as; communication, team work, problem solving, compassion, honesty, patience and self-control.
- To encourage students to engage in a healthy lifestyle; physically, intellectually, socially and emotionally building positive relationships.

Curriculum

Year 7

Football, Netball, Hockey, Basketball, Cross Country, Rugby, Badminton, Dance, Fitness, Handball, Ultimate Frisbee, Cheerleading, Athletics, Rounders, Cricket.

Year 8

Football, Netball, Hockey, Basketball, Cross Country, Rugby, Badminton, Dance, Fitness, Handball, Ultimate Frisbee, Cheerleading, Athletics, Rounders, Cricket and Softball.

Year 9

Football, Netball, Hockey, Basketball, Cross Country, Rugby, Volleyball, Dance, Fitness, Handball, Ultimate Frisbee, Cheerleading, Athletics, Rounders, Cricket and Softball.

KS4: Core PE Curriculum

Year 10

Endball, Hockey, Football, Gym, Rugby, Badminton, Yoga, Basketball, Volleyball, Circuits, Ultimate Frisbee, Athletics, Rounders.

Year 11

Endball, Hockey, Football, Gym, Rugby, Badminton, Yoga, Basketball, Volleyball, Circuits, Ultimate Frisbee.

Sport and Health

KS4: Sport and Health Options

Health and Social Care

Component 1: Human Lifespan Development

Component 2: Health and Social Care Services and Values

Component 3: Health and Wellbeing

BTEC Sport (2020 Qualification only)

Unit 1: Fitness for Sport and Exercise

Unit 2: Practical Performance in Sport

Unit 3: Applying the Principles of Personal Training

Unit 5: The Sports Performer in Action

Sports Science (2021 Cohort Onwards)

RO41: Reducing the Risk of Sports Injuries

RO42: Applying Principles of Training

RO45: Sports Nutrition

RO46: Technology in Sport

Resources

Health and Social Care

BTEC Tech Health and Social Care – Pearson Textbook

Revise BTEC Tech Award Health and Social Care Revision Guide

BTEC Sport

BTEC First Award Sport Student Book – Pearson Textbook

BTEC First in Sport Revision workbook

BTEC First Sport Study & Exam Practice – GCP

Cambridge National Sports Science

Cambridge National Level 1/s Sports Science – OCR Textbook

My Revision Notes: Cambridge National Level 1/2 Sport Science

Sport and Health

Opportunities outside the classroom

OAI Extra-Curricular Sport

All extracurricular sporting opportunities are inclusive to all boys and girls in all years.

Sports or Physical Activities are offered on a rotational basis, before school, lunch times and after school.

Physical Activity: Gym club, Boccia, Dodgeball, Benchball, Just Dance

Team Sports: Football, Rugby, Hockey, Basketball, Volleyball

Individual Sports: Badminton, Athletics

Immingham Community Links

Day	Time	Club	Age Range	Location
Monday	5.45-6.45pm	Just Dance Community Group	11+	OAI
Monday	5.30-6.30pm	Kick Boxing	6-16	Old Scouts Hut
Monday, Tuesday & Thursday	6.30-9.15pm	Squadron Royal Air Force Air Cadets	12-20	The Lorry Park
Monday & Wednesday	5.45-7.00/7.30pm	Grimsby Harriers Athletics Club	11+	King George V Stadium
Monday & Wednesday	7.00-9.00pm	Immingham Army Cadets	12-18	Immingham Army Cadet Hut
Tuesday	7.00-8.00pm	Pilgrim Swimming Club	7-18	Immingham Swimming Pool
Wednesday	4.00-8.45pm	Immingham Table Tennis Club	5+	Immingham Christian Centre
Wednesday	5.30-6.30pm	Kick Boxing Class	6-16	Old Scouts Hut
Thursday	6.15-7.15pm	Bodywize Fitness	12+	Immingham Christian Centre
Thursday	6.20-9.15pm	Immingham Sea Cadets	10-18	Immingham Lorry Park
Friday	5.30-7.00pm	Immingham Wasps Junior Rugby	5+	Eastfield School
Friday	6.00-7.00pm	Box fit Session	8+	Old Scouts Hut
Friday	7.00-9.00pm	Netball	10+	OAI
Saturday & Sunday	Times Vary	Immingham Pilgrims AFC Football	5-16	Royal Drive
Sunday	10.00-11.00am	Comma Kids Aikido for Kids	5-18	Old Scouts Hut
Sunday	11.00-12.00pm	WEKAF Stick Fighting	8+	Old Scouts Hut

Sport and Health

Careers

Current academy career opportunities specific to sport and health are;

Sport: Loughborough University Trip

Health and Social: Icare careers event, NHS trip and the collaborative learning with Grimsby Institute health and social care unit.

Further education

Franklin College

Sport & Public Services: A level PE, Level 3 BTEC Sport, CTE Level 2 Sport, BTEC Sport (Futsal), Level 3 BTEC Public Services.

Health & Social Care: Level 3 BTEC Children's Play Learning and Development, CTE Level 3 Health and Social Care, OCR Cambridge Technical CTE, Level 2 Health and Social Care.

Grimsby Institute

Sport & Public Services: Level 3 Sport and Physical Activity, Level 3 VTCT Massage and Therapies for Sport, Level 3 Certificate in Personal Training, L3 NCFE Entry into Uniformed Services with criminology, Level 3 NCFE Entry into Uniformed Services.

Health & Social Care: Level 3 Childcare and education (early years), Level 3 CACHE Health and Social Care.

John Leggott College

Sport & Public Services: OCR A Level PE, BTEC Level 3 Sports Performance and Excellence.

Health & Social Care: BTEC Health and Social Care.

North Lindsey College

Sport & Public Services: Level 3 in Sport and Physical Activity, Level 3 in Sports Science, Level 2 Apprenticeship Sports Activity Leader, Level 3 Apprenticeship in Sports Development, Level 3 Entry to Uniformed Services.

Health & Social Care: Level 3 Childcare and education, teaching assistant (Apprenticeship) Supporting teaching and learning, Level 3 Health and Social Care, Level 3 Technical Diploma in Health and Social Care.

Higher education

There are many different courses offered in sport and health at universities across the country.

Sports courses include; Sports Science, Physiotherapy, PE teaching, Sports Development and Sports Nutrition amongst many more.

Health and Social courses include; Nursing, Midwifery, Primary school teaching, Speech and Language Therapist and Psychologist amongst many more.

Top 10 Universities for Sport and Health in the UK (Alphabetical)

- 1) Bath
- 2) Cardiff
- 3) Keele University
- 4) Leeds Metropolitan University
- 5) Liverpool John Moores University
- 6) Loughborough University
- 7) Manchester Metropolitan University
- 8) Newcastle University
- 9) Sheffield Hallam University
- 10) St Mary's University

Stretch and Challenge

To refine your sporting knowledge and understanding try watching elite sport live or on the TV. While watching analyse:

- Performers in relation to their skills and techniques.
- Managers and coaches in relation to the tactics and formations they ask their teams to play
- Officials in relation to their knowledge and employment of the rules and regulations of the sport
- The success of technology used with the sport

2020 Events to Watch Out For...

Sporting Event	Date
American Football	Super Bowl Final: 2 nd February
Cricket	T20 Women's World Cup: 21 st February – 8 th March T20 Men's World Cup: 27 th June – 19 th July
Cycling	World Championship: 26 th February – 1 st March Tour De France: 27 th June – 19 th July
Football	Leagues and International Fixtures weekly FA Cup Women's Final: 9 th May FA Cup Men's Final: 23 rd May Champions League Final: 30 th May Euro 2020: 12 th June – 12 th July
Golf	Ryder Cup: 25 th September – 27 th September
Gymnastics	World Cup: 28 th March
Rugby Union	Six Nations: 21 st February – 14 th March
Tennis	Australian Open: 20 th January – 2 nd February French Open: 25 th May – 1 st June Wimbledon: 29 th June – 6 th July US Open: 31 st August – 7 th September
Summer Olympics Tokyo 2020	24 th June – 9 th August