

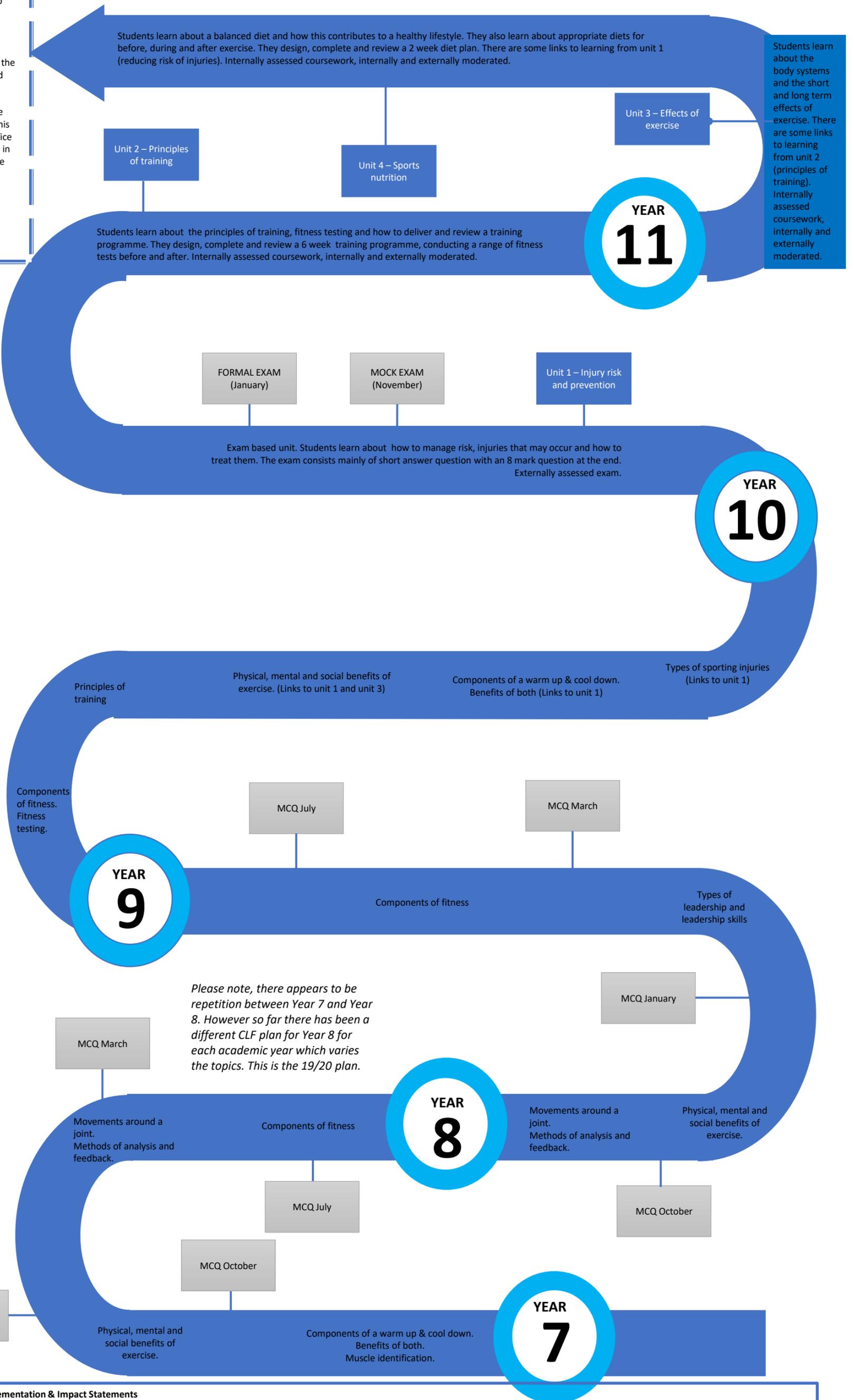
### Curriculum Intent (CLF):

Sport Science is taught as an option for KS4 students and aspects of the course are delivered during core PE lessons in addition to the practical sport taking place. In Year 7 and 8 content is covered and knowledge organisers supplied to support future learning at KS4, however the content is useful for students even if they don't choose sport science. Content in year 7 and 8 is assessed via the CLF MCQ tests, in Year 9 we continue our own programme of preparation for the top 2 sets on each half of the year, ensuring as best we can that those likely to take the course are in those sets and can enjoy healthy active lifestyles in combination with theory. This course teaches students about; injury prevention; the principles of training; how the body responds to exercise and sports nutrition. Work is applied to the world of sport and exercise but also to a healthy lifestyle. The course is mainly coursework based allowing students to draft their work and develop ideas as they go through KS4. Students must work well to deadlines and work hard within lessons to ensure they are able to apply the course content into their coursework. The units which are completed are externally selected by the exam board, as are the assignments, marked by staff and then sent for moderation.

### Future Pathways

Students can use their knowledge developed throughout this course as a foundation for Level 3 Sports Science. Students may also wish to use their knowledge and understanding to apply for an apprenticeship in the sports, leisure and fitness sector.

A display of future career pathways his outside the PE office allowing students in all years to see the range of jobs available.



### Curriculum Implementation & Impact Statements

**Implementation**  
 Content will be introduced in Years 7 and 8 through focus of the term, deepened in Year 9 and then the acquired knowledge will be expanded upon and applied at Key Stage 4 on the sports science course.  
 In Key Stage 4 students will be taught this course through a double and single lesson each week across the two years. There are three internally assessed units (unit 2, 3, 4) which are coursework based. In Year 10 there is one external exam which is in January.  
 The exam board is OCR (Cambridge Nationals). The units students complete are:  
 Unit 1 – Reducing the risk of sports injuries  
 Unit 2 – Applying principles of training  
 Unit 3 – The body's response to physical training.  
 Unit 4 – Sports nutrition  
 Coursework can be submitted then resubmitted once more following feedback allowing students to develop their work once it has been formally marked. The course requires students to remain focused and have a high level of motivation as each coursework assignment has 2-4 sub-sections. Assignment time in class is provided, however students will need to continue working on this at home to allow them to achieve higher grades.  
 In Year 11 students will focus on unit 3; the exam based unit.

**Impact**  
 The impact of this course is to allow students to understand the impact of sport and exercise on a healthy lifestyle as well as to obtain some of the skills and knowledge required to work in the sport, fitness and leisure industry. The content is often relatable to real life situations and students are expected to use a range of sporting examples throughout their coursework.