

## Sport Studies

Key Stage 4 Sport Studies follows our BTEC First for Sport (Level 2) qualification. This course develops the knowledge and understanding of both practical and theoretical elements of sport. The way we design our KS4 curriculum pathway allows for our students to experience a variety of different sporting roles. For example – sport performer, personal trainer, sports coach and performance analyst.



Our curriculum enables our students to gain the skills for the qualification as well as develop themselves as sports leaders and analysts. They play a part in community events and whole school activities and develop a sense of self belief and pride in their contribution to school life.

The units for the course completion are as follows:

### **Unit 2: Practical Sports Performance**

Assignment 1: Rules and regulations of two sports.

Assignment 2: Practical Sports Logbook

Assignment 3: Practical Sports Performance.

### **Unit 3: Applying the Principles of Personal Training**

Assignment 1: 6 Week Training Programme and My Diary

Assignment 2: Exercise Adherence

Assignment 3: Musculoskeletal System & Cardiorespiratory system

Assignment 4: Review a personal fitness programme

### **Unit 1: Fitness for Sport and Exercise (externally assessed).**

Topic 1: Components of Fitness

Topic 2: Fitness Tests & Interpreting Fitness Data

Topic 2: Exercise Intensity

Topic 3: Principles of Training

Topic 4: Training Methods

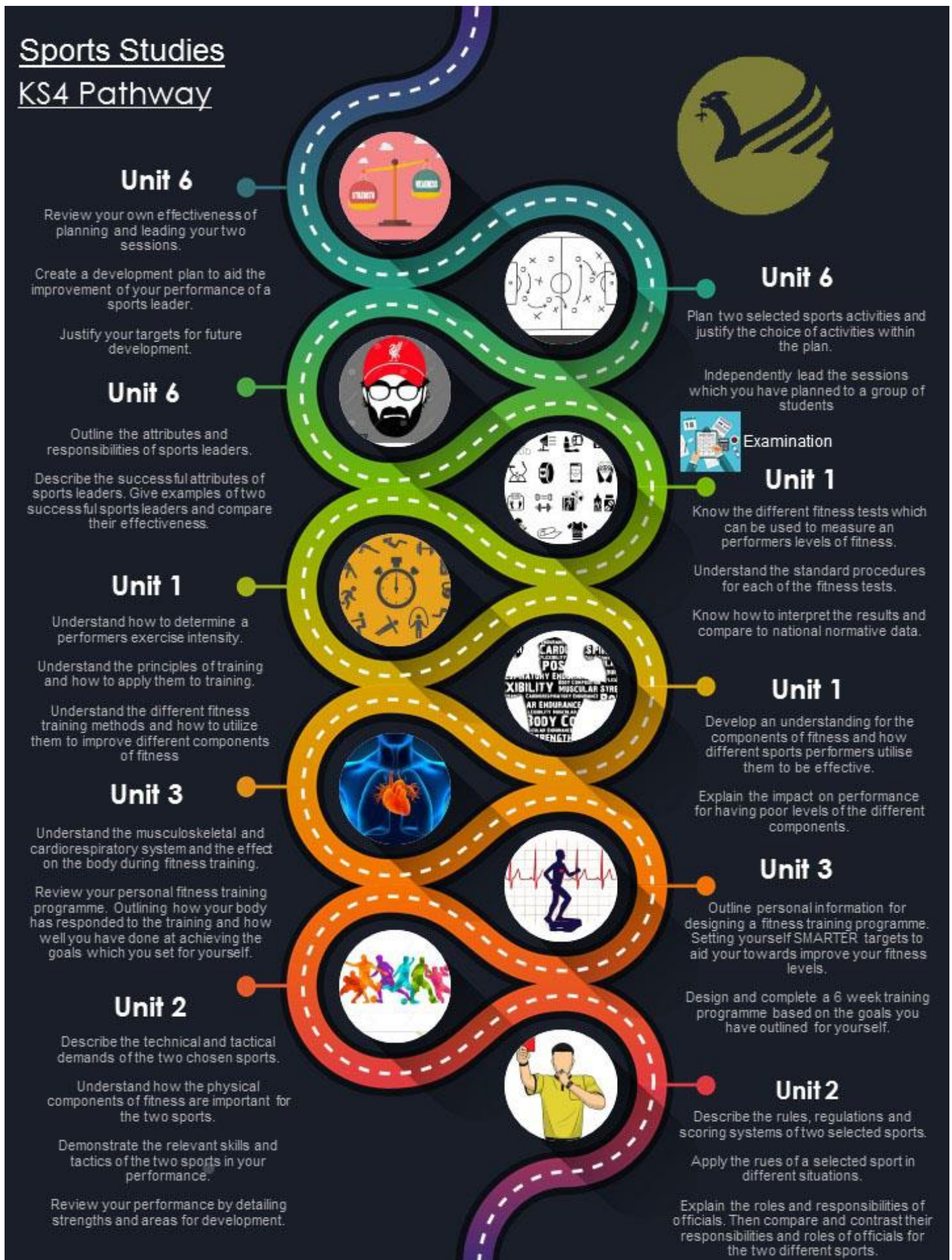
### **Unit 6: Leading Sports Activities**

Assignment 1: Attribute of Successful Sports Leaders

Assignment 2: Planning Sports Activities

Assignment 3: Review Planning and Delivery of Sports Activities

Our Learning Journey shows how our topics build upon each other and our students experience a wide variety of themes in order to broaden their learning experience:





## Year 10

Unit 2 – Practical Performance in Sport

Unit 3 – Applying the Principles of Personal Training

## Year 11

Unit 1 – Fitness for Sport and Exercise

Unit 6 – Planning and Leading Sports Activities

## Learning through Experience in Sport

In order to enhance the provision of Sport beyond the curriculum, our students benefit from the following experiences:

- **Sport Journalism Experiences – Sky Sports.** Students experienced the skills required to be an effective sports journalist with Sky Sports News and professional presenters.
- **Analysis of Performance in Sports Lab** – students got to experience how to analyse performance in a sports lab using specialist software.
- **Primary School competition officiating** – students get to experience planning and leading session to primary school students in an array of different sports and activities.
- **Anfield Boxing Club** – developing leaderships skills in coaching pad work for boxing and also taking part in fitness tests in the boxing gym.

