

# Sport and Physical Activity – Extended Certificate Level 3



At key stage 5 we offer the Cambridge Technical Sport and Physical activity qualification that involves students completing a combination of internally and externally assessed modules. The course offers students the chance to develop knowledge and understanding in five key areas of sport and physical activity. The units students will cover over their two years of the course are;

**Unit 1- Body systems and how they respond to physical activity. This topic is mandatory 90 GLH and is externally assessed with an exam. The learning process through this unit will help students develop knowledge and understanding in the following areas:**

- LO1 Understand the skeletal system in relation to exercise and physical activity
- LO2 Understand the muscular system in relation to exercise and physical activity
- LO3 Understand the cardiovascular system in relation to exercise and physical activity
- LO4 Understand the respiratory system in relation to exercise and physical activity
- LO5 Understand the different energy systems in relation to exercise and physical activity

**Unit 2- Sports Coaching and leadership. This unit is mandatory and 90GLH and is internally assessed and externally moderated. The learning process through this unit will help students develop and demonstrate skills in the following areas:**

- LO1 Know the roles and responsibilities of sports coaches and leaders
- LO2 Understand principles which underpin coaching and leading
- LO3 Understand methods to improve skills, techniques and tactics in sport
- LO4 Be able to plan sports and activity sessions
- LO5 Be able to prepare sport and physical activity environments
- LO6 Be able to deliver sports and activity sessions
- LO7 Be able to review sports and physical activity sessions.

**Unit 3 Sports organisation and development: This unit is mandatory and 60GLH and is externally assessed. The learning process in this unit will see students develop knowledge and understanding of sports organisation and development in the following areas.**

- LO1- Understand how sport in the UK is organised
- LO2- Understand sports development
- LO3- Understand how the impact of sports development can be measured
- LO4- Understand sports development in practice

**Unit 8 – Organisation of sports events. This unit is 60GLH and is internally assessed and externally moderated. The learning process in this unit will see students develop knowledge and understanding of sports organisation in the following areas.**

- LO1- Know different types of sports events and their purpose
- LO2- Know the different roles and responsibilities involved in the planning and delivery of sports events
- LO3- Be able to plan and promote a sports event
- LO4- Be able to participate in the delivery of a sports event
- LO5- Be able to review the planning and delivery of a sports event

**Unit 17- sports injuries and rehabilitation: This unit is 60GLH and is internally assessed and externally moderated. The learning process in this unit will see students develop knowledge and understanding of sports injuries and rehabilitation in the following areas.**

LO1- Know common sports injuries and their effects

LO2- Be able to minimise the risk of sports injuries

LO3- Be able to respond to acute sports injuries when they occur

LO4- Know the role of different agencies in the treatment and rehabilitation of sports injuries

LO5- Be able to plan a rehabilitation programme for a specific sports injury

## Curriculum plan for class of 2022

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 13	<p><b>Unit 3 :</b> LO1- Understand how sport in the UK is organised</p> <p><b>Unit 3 :</b> LO2- Understand sports development</p>	<p><b>Unit 3:</b> LO3- Understand how the impact of sports development can be measured</p> <p><b>Unit 3:</b> LO4- Understand sports development in practice</p>	<p><b>Unit 3 : Examination</b> <b>Unit 8:</b> LO1- Know different types of sports events and their purpose</p> <p><b>Unit 8:</b> LO2- Know the different roles and responsibilities involved in the planning and delivery of sports events</p>	<p><b>Unit 8:</b> LO3- Be able to plan and promote a sports event</p> <p><b>Unit 8:</b> LO4- Be able to participate in the delivery of a sports event</p> <p><b>Unit 8:</b> LO5- Be able to review the planning and delivery of a sports event</p>	Coursework completion	Coursework completion

## Curriculum plan for class of 2023.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 12</b>	<p><b>Unit 1: LO1</b> Understand the skeletal system in relation to exercise and physical activity</p> <p><b>Unit 1: LO2</b> Understand the muscular system in relation to exercise and physical activity</p> <p><b>Unit 1: LO3</b> Understand the cardiovascular system in relation to exercise and physical activity</p>	<p><b>Unit 1: LO3</b> Understand the cardiovascular system in relation to exercise and physical activity</p> <p><b>Unit 1: LO4</b> Understand the respiratory system in relation to exercise and physical activity</p> <p><b>Unit 1: LO5</b> Understand the different energy systems in relation to exercise and physical activity</p>	<p><b>Unit 1</b> examination</p> <p><b>Unit 17:</b> LO1- Know common sports injuries and their effects</p> <p><b>Unit 17:</b> LO2- Be able to minimise the risk of sports injuries</p> <p><b>Unit 17:</b> LO3- Be able to respond to acute sports injuries when they occur</p>	<p><b>Unit 17:</b> LO4- Know the role of different agencies in the treatment and rehabilitation of sports injuries</p> <p>LO5- Be able to plan a rehabilitation programme for a specific sports injury</p>	<p><b>Unit 1:</b> revision – Unit 1 resit</p> <p><b>Unit 2:</b> LO1 Know the roles and responsibilities of sports coaches and leaders</p> <p><b>Unit 2</b> LO2 Understand principles which underpin coaching and leading</p> <p><b>Unit 2</b> LO3 Understand methods to improve skills, techniques and tactics in sport</p>	<p><b>Unit 2:</b> LO4 Be able to plan sports and activity sessions</p> <p><b>Unit 2:</b> LO5 Be able to prepare sport and physical activity environments</p> <p><b>Unit 2:</b> LO6 Be able to deliver sports and activity sessions</p> <p><b>Unit 2:</b> LO7 Be able to review sports and physical activity sessions.</p>

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 13</b>	<p><b>Unit 2:</b> LO7 Be able to review sports and physical activity sessions.</p> <p><b>Unit 3</b> LO1- Understand how sport in the UK is organised</p> <p><b>Unit 3</b> LO2- Understand sports development</p>	<p><b>Unit 3</b> LO3- Understand how the impact of sports development can be measured</p> <p><b>Unit 3</b> LO4- Understand sports development in practice</p>	<p><b>Unit 3 examination</b></p> <p><b>Unit 2</b> LO1- Know different types of sports events and their purpose</p> <p><b>Unit 2</b> LO2- Know the different roles and responsibilities involved in the planning and delivery of sports events</p>	<p><b>Unit 2</b> LO3- Be able to plan and promote a sports event</p> <p><b>Unit 2</b> LO4- Be able to participate in the delivery of a sports event</p>	<p><b>Unit 3 re-sit preparation</b></p> <p><b>Unit 2</b> LO5- Be able to review the planning and delivery of a sports event</p>	<p><b>Unit 3- re-sit</b></p> <p>Coursework completion and grade claims.</p>