



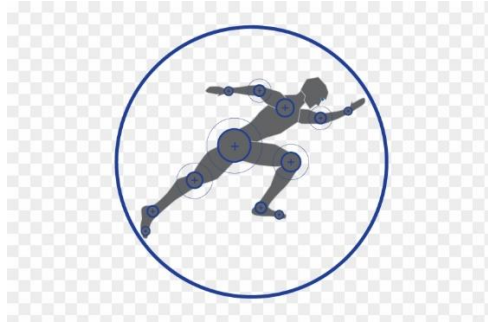
GREENWOOD ACADEMIES TRUST



## **Sport Science Intent document**

Pupils leave a GAT Academy with the academic qualifications & wider skills, characteristics & experiences, which will assist them to lead successful & happy lives

## Our Academy Curriculum Principles:



Our curriculum is engineered to ensure pupils are equipped with the qualifications, knowledge, experiences and skills to succeed in life and progress onto meaningful employment with training or further and higher education.

To achieve this our curriculum is designed to be:

- **Broad, ambitious and grounded in the national curriculum** – so that all groups of pupils have access to both academic and vocational programmes of study where challenge, achievement and progress are expected for all.
- **Knowledge rich** – so that all pupils acquire the core knowledge to which they are entitled and the powerful knowledge they need to expand beyond their own experiences
- **Intelligently planned** – sequenced to incrementally build long-term knowledge and develop cross-curricula schema, using evidence-based strategies to maximise learning.
- **Culturally rich** – broadening horizons and exposing pupils to the vast wealth of experiences in the wider global society be that the arts, music, sport and extra-curricular pursuits
- **Character building** – providing opportunities to develop leadership, organisation, resilience, initiative and communication skills from year 7 to 13
- **Context-specific** – so that pupils who are not yet secondary ready, or not yet confident in the English language can rapidly catch up and access the full curriculum, and those with limited opportunities to explore the world beyond Northampton can broaden their horizons.
- **Values-driven** – to develop principled young people who respect others in all their diversity, put kindness at the heart of all their decisions and strive to achieve excellence in all that they do.



Our academy values are *kindness, respect and excellence*

## Our SPORT SCIENCE Intent:

Our faculty intent is comprised of following 3 sections:

1. Our vision for the subject/faculty and the purpose it serves for our pupils
2. Defining what the key concepts and core domains of knowledge are, that pupils will learn about
3. The end points our curriculum is working towards

### **1. Our vision for Sport Science**

Sport is a key theme in most areas of education and health policy. The need for people to lead healthy and active rather than sedentary lifestyles is increasingly prominent in respect of government initiatives and this is reflected in our Sport Science curriculum

Our Sport Science curriculum is broad, ambitious and knowledge rich, it is intelligently planned so that all pupils are able to explore, analyse and explain each of the many sports science concepts from the human body, the human mind, injuries and the uses of technology to name but a few.

We incrementally build knowledge and links to other subjects to help pupils build schema and be able to commit knowledge to long term memory. Many links are built into our curriculum such as links between Science, the human body and the effects of exercise, with psychology and the use of strategies to help with practical performances, and the use of Nutrition in sports performances with DT? Food Technology & Catering.

Our Sport Science curriculum is designed to ensure that pupils are equipped with a level 2 and 3 qualification, knowledge and skills and experiences to succeed in life and to make the necessary progress into employment in the sports and leisure sector.

Sport Science offers pupils the chance to develop different types of skills through practical means. Skills such as communication, problem solving, team work, evaluation and analysis. It allows pupils to perform under pressure and allows them to formulate written findings from practical investigations. These skills are all transferable skills that can be learned and assessed through sport science and utilised in many other educational and employment settings. Our Sport Science curriculum has been designed with practical and engaging ways of teaching and enables pupils to:

- Develop a range of skills through the involvement in sport and physical activities in different roles and contexts
- Develop the ability to apply theoretical knowledge to practical situations
- Gain deeper knowledge and understanding of the complexities of different areas of sport
- Increase the awareness of different ways to stay involved in sport and of different careers and roles within sport

### **2. Our key concepts and core domains of knowledge**

#### **KS 4 SPORT SCIENCE**

Students follow an intelligently planned, knowledge based Sport Science curriculum that continues to make specific links to both Science and Social Sciences curriculum at KS4. It makes specific scheme links to R041 (Injuries), R043 (Anatomy & Physiology) and R044 (Sports Psychology)

- Sport Science and sport is a key theme in most education and health policy
- There is a need for people lead healthy and active lifestyles with respect to government initiatives, this is reflected in the sport science curriculum

Sport science allows and enables learners to:

- Develop a range of skills through involvement in sport and activities in different roles and contexts
- Develop the ability to apply theoretical knowledge to practical situations
- Increase the awareness of different ways to stay involved in sport and different careers and roles within sport

- Students to broaden their horizons and allows them to explore potential vocational pathways in the sports and leisure industries with our links with Loughborough University school of Sport Science

Our Sport Science Curriculum focusses on key concepts in:

- **R041: How to prevent injury**
  - How to prevent injuries when taking part in sport
  - How to respond to injuries in sports
  - How to prepare to take part in sport in terms of warm up / cool downs
  - How to minimise the risks of injuries in sports
- **R042: Applying Principles of Training**
  - Allows pupils to keep performers in peak condition
  - Regular testing of fitness
  - Designing bespoke training programmes to suit both the performer and the sport
  - Application of the principles and methods of training
  - Ability to analyse, evaluate and develop individual training programmes as reflective practitioners
- **R043: The Body's Response to Physical Exercise**

The Sport science curriculum allows all learners to:

  - A wide understanding on how the body works
  - How the body changes and responds to exercise
  - Within this knowledge it is possible to develop programmes that will improve the bodys systems and optimise sports performances
  - It allows learners to understand key concepts / structures and functions of the body's systems and enables the investigative learner to study both the short and long term effects of exercise on the body. These concepts are linked to Science Curriculum at KS 3 and KS 4
- **R044: Sports Psychology**
  - The sports science curriculum allows learners to:
  - Understand the small details which can make the difference between success and failure
  - Recognise that most elite sports performers are very similar physically
  - Recognise that key factors in success is the ability to perform skills and techniques effectively under pressure
  - Links with psychology A Level (Human Behaviour)
  - Work, speak and investigate as a sport psychologist and assists them in improving performance and helps attain the best balance between relaxed and focussed when under extreme pressure
- **R045: Sports Nutrition**
  - The Sport Science curriculum links with the Science KS4 curriculum in terms of digestion / nutrition
  - It allows learners to understand that appropriate diet and nutrition are vital to health and wellbeing
  - It links together correct nutrition and training methods
  - It helps learners understand what is needed for athletes bodies to deal with the stresses and strains put upon it
  - Learner consider the composition of a healthy , balanced diet
  - They reflect upon the role that a diet plays in different sports
  - The curriculum uses the knowledge gained to produce an appropriate and effective diet plan for a performer

## 2. Our key concepts and core domains of knowledge

### KS 5 Level 3 Cambridge Technical Sport and Physical Activity

Sport and Physical Activity is all about educating learners in the knowledge and skills required for employment and for the community as a whole. It's about the delivering the behaviours and attributes needed to progress and succeed in education and in work.

The **KS 5 Level 3 Cambridge Technical Sport and Physical Activity** aims to:

- Develop learners knowledge and understanding and skills essential to sport
- Gains insights into the sports industry
- Develops professional, personal and social skills through interaction with peers, stakeholders and clients
- Gain theoretical knowledge and understanding to underpin these skills

- Supports transferable skills required by employers such as communication, problem solving, time management, research and analytical skills

The **KS 5 Level 3 Cambridge Technical Sport and Physical Activity** aims to:

**UNIT 1: Body's Systems**

- Gain an understanding of the structures and functions of the human body
- How these systems support and impact performance in sport and the effects that sport, training and lifestyle has on them

**UNIT 2: Sports Coaching**

- The Sport & Physical Activity curriculum..
- Develops an understanding behind the theory of what makes a good sports coach and leader
- Helps understand the methods that can be employed to improve the performances of participants
- Allows the exploration of the roles and responsibilities of coaches and leaders and how these differ
- Develops the skills and understanding necessary to plan and deliver a series of sports sessions reflecting on practices and the use of feedback to improve the performances as a coach

**UNIT 3: Sports Organisation and Development**

The Curriculum allows to:

- Gain and develop the understanding of organisations in sports in the UK
- Understand the roles and responsibilities and how sporting organisations work together
- Gain an understanding of sport development
- Gain an understanding of how sport development is carried out and how the success and or failures can be measured

**UNIT 17: Sports Injuries and Rehabilitation**

The Unit 17 curriculum allows:

- How to recognise and treat sports injuries
- The development of knowledge of the possible psychological impact of sports injuries
- How to minimise the risks of injuries in sport
- How to plan, implement, develop, analyse and evaluate a personalised rehabilitation programme

**UNIT 19: Sports Psychology**

- The Unit 19 curriculum allows
- Learners to learn about the different motivators that people have for participating in sport
- Learners to understand how performance can be managed through an understanding of attribution theory, stress and group dynamics
- Learners to learn about the impact that participation in sport have on a performers mental health and well being.
- Allows understanding of others in a sporting context: the ability to manage stress and anxiety in sport but also in every day life

**3. End Points for Sport Science**

Sport Science allows pupils to:

- Learn how to prepare participants to take part in sport and how to respond to common injuries
- Develop knowledge and understanding of training principles and how to keep in peak physical condition
- Apply practical skills in testing and designing bespoke training programmes
- Explore how the body changes when we exercise
- Develop knowledge and understanding of the body's systems
- Explore the role that diet plays in different sports. The importance of a healthy diet that includes essential nutrients in the correct quantities
- Use a specialist vocabulary in all sport science concepts and terminology
- Understand how to investigate and research into both anatomical and physiological aspects of sport science and includes the role of scientific method and data analysis
- Present information and the ability to draw conclusion through critical analysis
- Develop a deep understanding of the relationship between sport psychology and the pressure of professional sports and the control of human behaviours

- Achieve a minimum Level 2 Pass and a Level 3 Merit. This is an ambitious target but essential if wanting to progress into KS5 and / or employment within the sports and leisure sector