



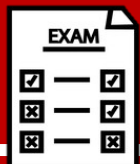
Weston Favell Academy

OCR-CTEC – Sport & Physical Activity

Learning Journey: Sept 2023

Pathways to:

Teaching, Sport Science, Physiotherapy, Nursing, Leisure Management, Medicine, Sports Therapist etc..



UNIT 5
Completed by end of term 4. Easter holiday to complete coursework. Coursework submitted in readiness for May / June external moderation

Unit 5 Performance Analysis in Sport and Exercise



TERM 4
LO3: Be able to analyse performance
LO4: Be able to give feedback on sports performances

TERM 3
LO1: Understand Performance Profiling
LO2: Be able to carry out Performance Profiling

UNIT 19
Completed by October. Internally moderated in readiness for external moderation in January

Unit 3 Sports Organisation & Development

UNIT 3
Examination in January. UNIT 19 External moderation in January

TERM 1
LO4: The importance of group dynamics in team sports and group exercise
LO5: Understand the psychological impact of sport and exercise on mental health and well being
Students submit UNIT 19 work at the end of October in readiness for moderation in January

TERM 2
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
Students revision for UNIT 3 exam in January



YEAR 13

TERM 6
LO1: Know the different factors that affect motivation for sport
LO2: Understand attribution theory in relation to sport
LO3: Understand the effects of stress, anxiety and arousal in relation to sport



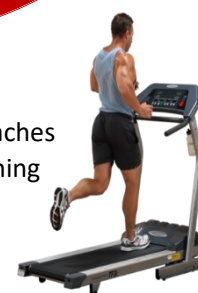
UNIT 2
Coursework submission in May / June for moderation

Unit 19: Sport & Exercise Psychology

TERM 5
LO6: Be able to deliver sports activities
LO7: Be able to review sports activities
LO6 & LO7 Continued
Coursework Internal Moderation and completion

TERM 4
LO4: Be able to plan sports activities
LO5: Be able to prepare sports activities
LO6: Be able to deliver sports activities
LO7: Be able to review sports activities

TERM 3
LO1: Know roles and responsibilities of sports coaches
LO2: Understand principles which underpin coaching
LO3: Understand methods to improve skills, techniques etc..



Unit 2: Sports coaching & activity Leadership

TERM 2
LO4: Understand the respiratory system in relation to sport
LO5: Understand the different energy systems in relation to sport
Students REVISE for the examination in January



UNIT 1
Completed in term 2. Students prepare for exam in January



TERM 1
LO1: Understand the skeletal system in relation to sport
LO2: Understand the muscular system in relation to sport
LO3: Understand the cardiovascular system in relation to sport

Unit 1: Body Systems and the effects of physical activity

YEAR 12

START

Your Journey into OCR-CTEC SPORT starts here

ASSESSMENT WINDOW Coursework / Exam

