



Overview	<p>PE at William Hulme's Grammar School is underpinned by the United Learning PE and Health Curriculum. The aim is to provide a broad and balanced curriculum that brings out 'the best in everyone' across performance, leadership and health strands. We develop physically skilful young people who acquire the skills, knowledge, understanding, character and confidence to prepare them for examination PE and a positive lifelong relationship with physical activity and sport.</p> <p>Cambridge National in Sport Studies will encourage students to:</p> <ul style="list-style-type: none"> ■ Understand and apply the fundamental principles and concepts of Sport Studies. ■ Develop learning and practical skills that can be applied to real-life contexts and work situations. ■ Think creatively, innovatively, analytically, logically and critically. ■ Develop independence and confidence in using skills that are relevant to the Exercise, Physical Activity, Sport and Health sector and more widely. ■ Understand topical and contemporary issues in sport, including; why people do and do not participate in sport, the promotion of ethics and values, the roles of National Governing Bodies and high profile events have in sport, as well as how technology is used within sport. ■ Develop skills as a performer in two different sporting activities and learn how to lead sporting activity sessions. ■ Create a plan, write and evaluate an activity session, to further develop leadership skills. ■ Analyse their own performance to help improve themselves and their skills in sport. ■ Develop the skills of team working, research and planning and understand that sports performance goes far beyond just the simple physical activity of sport. ■ Take part in outdoor and adventurous activities in natural settings, learning how to do this safely as well as understanding the benefits that these activities offer to people.
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Autumn Term	<p>Performance and Leadership in Sports Activities</p> <p>3 Organising and planning a sports activity session</p> <p>3.1 Organisation of a sports activity session</p> <p>3.2 Risk assessment and corrective action</p> <p>3.3 Objectives to meet the needs of the group</p> <p>4 Leading a sports activity session</p> <p>4.1 Organisation of a sports activity session</p> <p>4.2 Leading a sports activity session</p> <p>5 Reviewing your own performance in planning and leading a sports activity session</p> <p>5.1 Review your leadership of a sports activity session</p>	Assessment
	<p>Coursework</p> <p>Practical performance</p> <p>Practical coaching and leadership</p>	

Spring Term	<p>Performance and Leadership in Sports Activities</p> <p>2 Applying practice methods to support improvement in a sporting activity</p> <p>2.1 Strengths and weaknesses of sports performance</p> <p>2.2 Methods to improve performance</p> <p>2.3 Measuring improvement in performance</p> <p>1 Key components of performance</p> <p>1.1 Performance in two selected activities</p> <p>1.2 Participating in your activities</p> <p>1.3 Decision making during performance</p> <p>1.4 Your role and contribution to team activities</p>	Assessment
	<p>Coursework</p> <p>Practical performance</p> <p>Practical coaching and leadership</p>	

Spring Term	<p><i>Increasing Awareness of Outdoor and Adventurous Activities</i></p> <p>1 Provision for different types of outdoor and adventurous activities in the UK The provision available for outdoor and adventurous activities both locally and nationally</p> <p>2 Equipment, clothing and safety aspects of participating in outdoor and adventurous activities</p> <p>2.1 Types of equipment to be used for participation 2.2 Types of clothing to be used for participation 2.3 Types of technology that can enhance participation or safety 2.4 Types of terrain and environment</p>	
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Summer Term	<p><i>Increasing Awareness of Outdoor and Adventurous Activities</i></p> <p>3 Plan for and be able to participate in an outdoor and adventurous activity</p> <p>3.1 Key considerations when planning an outdoor activity in a specified location 3.2 Outdoor activity risk assessment 3.3 Emergency procedures plan 3.4 Demonstrate appropriate skills in outdoor activities</p> <p>4 Evaluation participation in an outdoor and adventurous activity</p> <p>4.1 Evaluate participation of outdoor activity 4.2 Evaluate the value of participating in outdoor activities</p>	Assessment
		<p>Coursework Practical performance Practical coaching and leadership</p>

Useful Resources for Supporting Your Child at Home:	Homework:
<p>OCR Level 1/Level 2 Cambridge National in Sport Studies specification</p> <p>Login (unitedlearning.org.uk)</p> <p>GCSE Learning and Revision GCSEPod</p> <p>Home - BBC Bitesize</p> <p>Free Homework & Revision for A Level, GCSE, KS3 & KS2 (senecalearning.com)</p>	<p>Pupils will be set homework related to their appropriate learning objective.</p> <p>Extra-curricular clubs focusing on participation, leadership and competitive sports run throughout the school year.</p> <p>Pupils and parents are encouraged to take advantage of sport and leisure facilities in their local community.</p>