

Sport and Active Studies (SAS) Ethos and Teaching

This is a section of the Key Stage 4 curriculum and is a progression from the Key stage 3 PE curriculum.

Subject Lead: Mr Andrew Pritchard

Intent:

The Sport and Active Studies department at Kilgarth aims to provide the pupils with an understanding of the Sport, Fitness, Leisure and Uniformed Services sector but also the opportunity to investigate all chosen career opportunities. Preparing for next steps will be paramount and as such, the pupils will learn how to prepare effectively for an interview. Pupils will learn the value of volunteering and the transferable workplace skills volunteering can enhance. In addition, the pupils will develop a deeper understanding of workplace requirements, including Health and Safety standards, Personal Hygiene expectations and manual handling procedures. The pupils will develop essential skills looked for by employers, such as teamwork, communication, problem solving and independent learning. Pupils will appreciate the importance of appropriate behavior and dress, effective interpersonal skills and personal manners. The pupils will gain the knowledge to have a deeper understanding of work practices and how different roles and departments function within an organization, and what role suits them best.

Implementation Programme of Study:

During Yrs 10 and 11 pupils will follow the specification of the NCFE Level 2 Diploma for Entry to the Uniformed Services. Additionally, during Yr 11 pupils will also follow the specification of the Gateway Level 2 Award in Sport, Fitness and Active Leisure. However, in the instance of the Gateway Sport qualification there will be two different routes of completion on offer to the pupils. Pupils who are not working at the level of the above qualifications or pupils who are operating on a reduced or modified timetable will follow the specification of the Gateway Qualifications Entry Level Award in Sport, Fitness and Active Leisure (Entry 3). To meet the demands of each qualification pupils will have to provide a portfolio of evidence, which satisfies the Assessment Criteria of each unit. Portfolios will include a variety of practical and theoretical evidence. Pupils will have appropriate guidance (in line with NCFE and Gateway assessment guidelines) and will have the opportunity to improve their work to gain a higher grade if they wish to do so. The following grades are available:

NCFE Level 2 Diploma for Entry to the Uniformed Services-(Credit value 43 credits)	
Qualification Grade	GCSE (9-1) Equivalence
PASS	equivalent to GCSE grade 4
Merit	equivalent to GCSE grade 5.5
Distinction	equivalent to GCSE grade 7
Distinction Plus	equivalent to GCSE grade 9

Gateway Level 2 Award in Sport, Fitness and Active Leisure-(Credit value 6 credits)	
Qualification Grade	GCSE (9-1) Equivalence
PASS	equivalent to GCSE grade 4
Gateway Qualifications Entry Level Award in Sport, Fitness and Active Leisure (Entry 3)-(Credit value 6 credits)	
Qualification Grade	GCSE (9-1) Equivalence
PASS	equivalent to GCSE grade 1

Outline of the intended units of Delivery-

NCFE Level 2 Diploma for Entry to the Uniformed Services			
	Autumn	Spring	Summer
Year 10	<p><u>Unit 1-Investigate employment in the Uniformed Services</u></p> <p>Pupils will learn how to prepare for application to the uniformed services and employment in general. They will learn about the different roles involved in uniformed services and how the uniformed services operate. The learners will be given the opportunity to assess their own career goals and refine their interview skills.</p>	<p><u>Unit 9 Undertake adventurous Activities</u></p> <p>Pupils will learn about different types of adventurous activities. They will become familiar with the equipment and skills needed for participation in activities. The pupils will gain an understanding of the environmental concerns related to each activity and will learn how to ensure their personal safety while participating. They will learn the importance of safety procedures while undertaking such activities.</p>	<p><u>Unit 2-Physical Fitness for the Uniformed Services</u></p> <p>Pupils will learn about the fitness testing used by a uniformed service and about the required standards of physical fitness. The learners will assess their own fitness levels and develop a personal exercise programme to help them achieve the required fitness levels for the uniformed services. They will also consider how diet and exercise contribute to overall fitness.</p>
	<p><u>Unit 10-Participate in Competitive Sports</u></p> <p>Pupils will participate in a competitive sport, gaining an understanding of the rules and regulations required. The unit will also give them the opportunity to organise a sporting activity. The learner will then review the participation of self and others in the activity.</p>	<p><u>Unit 6-Follow Uniformed Service Routine</u></p> <p>Pupils will learn how to demonstrate efficient foot drills to specific commands and learn how to avoid common problems in drill. They will also become familiar with service routines and duties that would be expected of them within the uniformed services.</p>	<p><u>Unit 3-Develop Team Working and Problem Solving Skills</u></p> <p>Pupils will learn how to plan for team working and become familiar with team dynamics and review and feedback techniques. As an integral part of this unit, the learners will plan, participate in and review a team bonding activity.</p>

Year 11	<p><u>Unit 4-Health and Safety in the Uniformed Services</u></p> <p>Pupils will explore issues related to health and safety and become familiar with methods for identifying and reducing hazards and risks. There will be a particular focus on risk assessment procedures and the importance of complying to health and safety legislation and the use of Specialist Safety Equipment.</p>	<p><u>Unit 7-Exploring Equality and Diversity for the Uniformed Services</u></p> <p>Pupils will learn about some of the key definitions and concepts associated with equality and diversity. This includes stereotyping, labelling, prejudice, and discrimination and the effects these have. Learners will also consider the role that the uniformed services play in a diverse society.</p>	<p><u>Unit 5-Health and Hygiene in the Uniformed Services</u></p> <p>Pupils will learn about the importance of maintaining personal hygiene and the risks associated with poor personal hygiene. They will also explore the concepts of infection control and stress management.</p>
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Gateway Level 2 Award and Certificate in Sport, Fitness and Active Leisure			
	Autumn	Spring	Summer
Year 11 (Route A)	<p>Practical Sport(6 Credits)</p> <ul style="list-style-type: none"> -Demonstrate appropriate skills, techniques and tactics for a selected individual sport. -Demonstrate appropriate skills, techniques and tactics for a selected team sport. 	<p>Practical Sport (contd)</p> <ul style="list-style-type: none"> -Describe the rules, regulations and scoring systems for a selected team and individual sport. -Describe the main roles and responsibilities of officials for a selected team and individual sport. 	<p>Practical Sport (contd)</p> <ul style="list-style-type: none"> -Design an appropriate tool to identify strengths and areas for improvement in sporting performance -Apply tool of own devising to identify own strengths and areas for improvement in a selected sporting activity and the strengths and areas for improvement for an individual, other than self, or for a team in a selected sporting activity.
Year 11 (Route B)	<p>Anatomy and Physiology for Sport (3 Credits)</p> <ul style="list-style-type: none"> -Explain why professionals working in sport need to know about anatomy and physiology. -Describe the structure and function of the skeletal system -Describe the different types of joint and the movement associated with each. -Identify the major muscles 	<p>Anatomy and Physiology for Sport (contd)</p> <ul style="list-style-type: none"> -Describe the structure and function of the cardiovascular system -Describe the structure and function of the respiratory system <p>Fitness Testing and Training (3 Credits)</p> <ul style="list-style-type: none"> -Describe the fitness requirements for achieving excellence in a selected sport. 	<p>Fitness Testing and Training (contd)</p> <ul style="list-style-type: none"> -Describe the potential positive and negative impact of different aspects of lifestyle on sports training and performance. -Describe the impact of psychological factors on sports training and performance. -Use appropriate tests for different aspects of fitness. -Record and interpret test results to assess own level of

	<p>in the body.</p> <p>-Describe different types of muscle and muscle movement.</p>	<p>-Describe different fitness training methods used to achieve excellence in a selected sport.</p>	<p>fitness.</p>
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Outline of the intended units of Delivery-

Gateway Qualifications Entry Level Award in Sport, Fitness and Active Leisure (Entry 3) -(Credit value-6 credits)

	Autumn	Spring	Summer
Year 10	<p>Taking part in Sport (3 Credits)</p> <p>Be able to take part in team sports</p> <p>Take part in team sports by</p> <ul style="list-style-type: none"> -Dressing appropriately for the team sport -Being a team player -following the rules of the team sport -Using skills and techniques in different team sports -Using sports equipment in different team sports -Demonstrating safe practice <p>Be able to take part in individual sports</p> <p>Take part in individual sports by</p> <ul style="list-style-type: none"> -Dressing appropriately for the individual sport -following the rules of the team sport -Using skills and techniques in different individual sports -Using sports equipment in different individual sports -Demonstrating safe practice 	<p>Taking part in Sport-contd (3 Credits)</p> <p>Be able to review own performance</p> <ul style="list-style-type: none"> -Identify own strengths when participating in sport -Identify areas for improvement <p>Improving Own Fitness (3 Credits)</p> <p>Know about different exercise and fitness activities</p> <ul style="list-style-type: none"> -Identify different exercise and fitness activities 	<p>Improving Own Fitness-contd (3 Credits)</p> <p>Be able to participate in exercise and fitness activities</p> <ul style="list-style-type: none"> -Participate in warm up and cool down activities -Participate in exercise and fitness activities -Follow instructions provided by an activity leader -Follow health and safety guidelines when carrying out exercise and fitness activities <p>Be able to review own performance</p> <ul style="list-style-type: none"> -Identify own strengths and areas for improvement in exercise and fitness activities

In addition Kilgarth will continue working in collaboration with the Dallaglio Foundation and will provide all pupils the opportunity to complete a qualification in Sports Leadership.

Level 1 Qualification in Sports Leadership-(Credit value 3 credits)	
Qualification Grade	GCSE (9-1) Equivalence
PASS	equivalent to GCSE grade 3

Outline of the intended units of Delivery-

Level 1 Qualification in Sports Leadership-(Credit value 3 credits)			
	Autumn	Spring	Summer
Year 10	<p>Establishing Leadership Skills</p> <ul style="list-style-type: none"> -Outline why identified skills will be necessary for a sports leader -Outline the effect that behaviours can have on leadership skills -Outline how the identified skills and behaviours might be used in different areas of life -Audit own leadership skills -Create an action plan for developing leadership skills 	<p>Establishing Leadership Skills (contd)</p> <ul style="list-style-type: none"> -Reflect on the development of own leadership skills -Outline the responsibilities of the roles that a sports leader might take on <p>Plan, assist in leading and review sport/physical activities</p> <ul style="list-style-type: none"> -Plan sport/physical activities 	<p>Plan, assist in leading and review sport/physical activities (contd)</p> <ul style="list-style-type: none"> -Use effective communication skills when assisting in the leading of sport/physical activities -Use effective organisational strategies when assisting in the leading of sport/physical activities -Use effective motivation methods when assisting in the leading of sport/physical activities -Adapt an activity in line with the needs of the participants -Lead sport/physical activities -Review own role in leading sport/physical activities

Impact:

All pupils will aspire to achieve outcomes predicted by their Education, Health and Care plans as a minimum and in the case of the Level 2 Diploma for Entry to the Uniformed Services every pupil will have the opportunity to attain above their predicted outcomes.

Throughout the course of these specifications, the pupils will have opportunities to refine a range of literacy skills, which will allow them to access other areas of the curriculum. The pupils will be better prepared to access their

post-16 options and, as there is Level 3 qualifications linked to both qualifications, will be well equipped to continue on this specific career path if they desire.

Upon completion of the Uniformed Services qualification, the pupils will have developed a greater understanding of the world of work and the transferable skills they possess which will make them suitable across the employment spectrum and able to contribute to society. The practical aspects of the course will give the pupils opportunities to develop essential social and emotional skills necessary to successfully transition post-16. After having studied and gained experience of work-related situations and environments the pupils will be able to identify their end goals, developed a sense of purpose and improved their mental health and well-being.

Through the progression of KS3 PE and then completion of the Gateway Sport qualification, pupils will have a thorough understanding of the physical progressions they have made across a wide spectrum of sporting activities, and will be well equipped to progress to sports and fitness related post-16 options. After having learned and appreciated the positive emotional and physical effects of regular exercise and fitness, the pupils will possess the tools necessary to maintain positive physical, as well as mental health and wellbeing.