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| Sport Studies | **Curriculum Team Vision** |
| At OMA we believe education is for everyone, that all students irrespective of their backgrounds, will be exceptional pupils, so they are equipped with the necessary knowledge, skills, qualifications, and mind-set to contribute positively to society.   Everything we do in the vocational faculty is aimed at providing an ambitious and challenging curriculum which inspires, motivates, and exploits the limitless potential of all our students. This will be achieved by us ‘*being inspired by the past - creating excellence in the present- by embracing the future’.*    Our long-term aim is to produce thinking, adaptable adults capable of taking his / her place in a changing technological society. We strive to create distinctive and dynamic partnerships between students and the world or work, forging active relationship with industry-based external training providers and employers.    The vocational curriculum seeks to promote an educational culture which is scientific, technological, creative, healthy, and entrepreneurial within the framework of the school and national curriculum. In addition, our faculty aims to provide the excellent practical technological, scientific, and holistic communication skills needed by our manufacturing and service industries within the UK and global markets. Thus, ensuring that our students will be well-educated and skilled, ready, and able to progress into employment, further training, or higher education according to their individual aptitudes and ambitions.    The faculty will be truly cross-curricular and will use aspects of many subjects to aid the students when developing innovative ideas and solving problems individually or as a team. The only boundary to making an impact in the future is our ‘*imagination*’ and our ability to ‘*engineer’* the solutions that could affect peoples’ lives. Students arrive and leave our faculty with a sense of wonder in learning…. that they will carry with them for a lifetime.   **Pupils should be taught to:**  The aims we have for students are:To develop a love for sport through engaging activities, success and competitive sport in lesson and extracurricular activitiesGive students the knowledge to be able to lead a healthy active lifestyle and understand the benefit of doing so.To develop, a wide range of transferrable skills so they can take part in a variety of different sports and physical activitiesDevelop confidence in sport and the interest to get involved in exercise in sport out of school as well as in school and in later life.Finding fun through a rich and varied sports and physical activities program.Be able to understand factors that impact performance in sportHave the confidence and skills to be able to coach a sessionUnderstand key systems in the body **KS4 Sport:**  Unit 1-Structure and functions of body systemsShort term adaptations on the body of exerciseLong term adaptations on the body of exerciseMethods of trainingImportance of target settingComponents of health and fitnessUnit 2-Understand physical, technical and physiological factors that impact performance in sportUnderstand fitness testing and the importance of it.Analysis of performance dataStrategies for improvement in sportUnit 3-Coaching skillsResponsibilities of a coachPlanning a coaching sessionMeeting the needs of all participants |
| **Careers in sport:**Professional sport, physio, nutritionist, sport coach, rehabilitation, data analysist, sports journalist, performance analysis, scout, talent program, PE teacher |

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| Subject: Sport Studies: |
| Terms | **Topics covered** and **core knowledge and skills** | Links to careers | Links to the Knowledge organiser and other additional resources |
| Half term 3Week 1Week 2Week 3Week 4Week 5Week 6 | Unit 1-  Students will have finished Unit 2 & 3 coursework by the end of half term 2 which will allow us to now focus on Unit 1 (exam content).* Structure of the cardio-vascular system
* Short term effects of exercise on the cardio-vascular system
* Long term adaptations of exercise on the cardio-vascular system
* Structure of the cardio-respiratory system
* Short term effects of exercise on the cardio-respiratory system
* Long term effects of exercise on the cardio-respiratory system
* Structure and functions of the muscular-skeletal system
* Short term effects of exercise on the muscular-skeletal system
* Long term effects of exercise on the muscular-skeletal system
* Muscle Fibres
* Definitions of components of fitness
* Testing health and fitness
* Validity and reliability
* Why is fitness testing important?
 | Nutritionist PhysioSport coachPE Teacher | This link would take you to the KO on our website.[Unit 1](https://ormistonacademiestrust-my.sharepoint.com/%3Af%3A/r/personal/dickinsond_omacademy_co_uk/Documents/Daniel/WJEC%20Sport/KO/Unit%201?csf=1&web=1&e=ZZYsJ7) |
| Half term 4Week 1Week 2Week 3Week 4Week 5Week 6 | Unit 1-* Factors that need to be considering before training
* Structure of a warmup
* Structure of a cool down
* Principles of training
* Training methods
* Link training methods to components of fitness
* Target setting
* SMART goals
* Labelling the heart
* Labelling the muscles
* Labelling the bones
* Labelling the cardio-respiratory system
* Types of joint
* Movements
* Muscle fibres
* Normative data
* Protocol
* Factors affecting validity and reliability.
 | Nutritionist PhysioSport coachPE Teacher | This link would take you to the KO on our website.[Unit 1](https://ormistonacademiestrust-my.sharepoint.com/%3Af%3A/r/personal/dickinsond_omacademy_co_uk/Documents/Daniel/WJEC%20Sport/KO/Unit%201?csf=1&web=1&e=ZZYsJ7) |