

## Year 12 Cambridge Technicals in Sport and Physical Activity (OCR) Curriculum Map



### Unit 08 - Coursework

This unit is designed for you to develop skills in planning, promoting and delivering a sports event; with a focus primarily on your individual role as well as working as part of a team and reflecting on your input and future personal development. This unit will enable you to establish transferrable skills which can be used within sport and active leisure as well as within the fitness industry. It will also enhance skills such as teamwork, organisation and safeguarding awareness.

### Unit 19 - Coursework

In this unit you will learn different motivations that people have for participating in sport and exercise and how performance can be managed through an understanding of different theories. You will also learn the impacts that participation in sport and exercise can have on a person's mental health and wellbeing.



### Unit 17 - Coursework

This unit will teach you how to recognise and treat common sports injuries both immediately and through long-term rehabilitation programmes, the possible psychological impacts of sports injuries and how to minimise the risk of sports injuries occurring in the first instance.



In the summer term you will plan, resource, and deliver the primary schools Aquathlon.

Department for Digital, Culture Media & Sport



January Unit 1 Exam

May Unit 3 Exam



October Half Term

Undertake the NPLQ at Huish Leisure.

### Unit 3 - Exam

In this unit you will gain an understanding of the organisations involved in sport in the UK, their roles and responsibilities and how they work together. You will also gain an understanding of sports development, including the organisations involved, who sports development is targeted at and why.

### Unit 13 - Coursework

In this unit you will learn a range of fitness tests, what they test and their advantages and disadvantages. You will learn how to complete client consultations which will give you the background knowledge you need about a client to be able to plan and deliver appropriate fitness tests. You will then learn how to interpret the data acquired from fitness tests.



## Autumn Term



### Unit 1 - Exam

In this unit you will gain an understanding of the structures and functions of the key body systems, how these support and impact performance in sport and physical activity and the effects that physical activity, training and lifestyle can have on them.



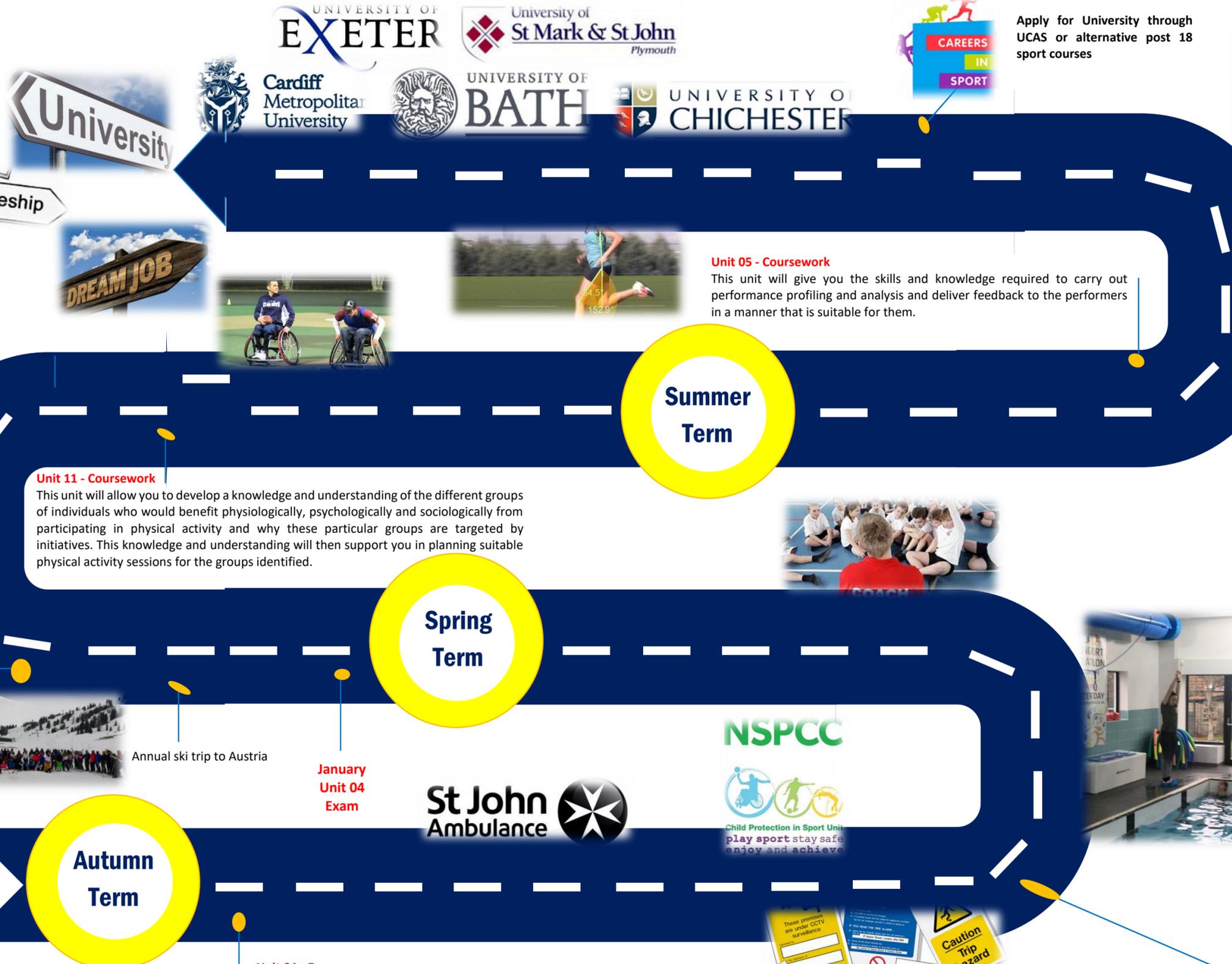
### Learn2Learn

Undertake your induction period at Huish Leisure, to become a Leisure Assistant. Regular training will be held fortnightly, focusing on hospitality, ICT and event planning.

Your Sport Studies journey starts here ...

# HUISH SIXTH

## Year 13 Cambridge Technicals in Sport and Physical Activity (OCR) Curriculum Map



University

Apprenticeship

DREAM JOB



Apply for University through UCAS or alternative post 18 sport courses



Annual outdoor adventurous activities residential at Ilfracombe

**Unit 05 - Coursework**  
This unit will give you the skills and knowledge required to carry out performance profiling and analysis and deliver feedback to the performers in a manner that is suitable for them.

Summer Term

**Unit 11 - Coursework**  
This unit will allow you to develop a knowledge and understanding of the different groups of individuals who would benefit physiologically, psychologically and sociologically from participating in physical activity and why these particular groups are targeted by initiatives. This knowledge and understanding will then support you in planning suitable physical activity sessions for the groups identified.

**Unit 18 - Coursework**  
This unit gives you the opportunity to participate in a number of different sports and outdoor and adventurous activities which allows you to experience first-hand situations that participants you may later be coaching or leading will come across. In this unit you will learn how to apply skills, tactics, techniques and knowledge in individual sports, team sports and outdoor and adventurous activities which will allow you to participate effectively, safely and enjoyably.

Spring Term

Annual ski trip to Austria

January Unit 04 Exam



**Unit 02 - Coursework**  
This unit will give you an understanding behind the theory of what makes good sports coaches and activity leaders and methods that can be employed to improve the performance of participants. You will explore the roles and responsibilities of coaches and leaders. The main part of the unit is related to you developing the skills and understanding necessary to effectively plan and deliver a series of sports or activity sessions reflecting on your own practice and using this feedback to improve your performance as a sports coach or activity leader.

**Unit 04 - Exam**  
Throughout the unit you will gain an understanding of key safety requirements to be able to ensure your own, and your clients' safety. Topics include: understanding key health and safety legislations, knowing how to administer emergency first aid, understanding roles, responsibilities and reporting duties in safeguarding children and vulnerable adults and finally, knowledge of key health and safety documents, including how to carry out risk assessments.



Your Sport Studies journey continues here ...