

Welcome to.....

The PE department's aim is to construct a curriculum that is ambitious and designed to give all learners the knowledge and cultural capital they need to succeed in life. With this in mind, we offer two diverse and broad ranging opportunities in the key stage 4 curriculum. There is an option group that are entered into the OCR Cambridge National in Sport Science; and the core lessons allow access to Edexcel BTEC Sport.

Course Breakdown

The OCR Cambridge National in Sport Science (option groups) helps students appreciate how sport science underpins sport at all levels.

Elite sport has embraced sport science disciplines wholeheartedly in the past few decades, moving from a perspective which assumed the primacy of natural talent in producing outstanding performance, to one which considers every minute detail of an athlete's training programme, rest time, environment and psychology in the pursuit of excellence. The Cambridge Nationals in Sport Science offer learners the opportunity to study key areas of sport science including anatomy and physiology linked to fitness, health, injury and performance; the science of training and application of training principles, and psychology in sport and sports performance.

The course has been planned and sequenced effectively to provide sufficient knowledge and skills for future learning and employment. They learn about anatomy, physiology, injury prevention, improving personal fitness through appropriate training and diet, and the role of psychology in improving performance.

The BTEC sport course (core PE groups) provides some of the Hastings Academy students with a course that develops their skills within real-life and practical assessments, which prepares them for a healthier and more active life in the future.

Students in 2021 will be given the opportunity to access the BTEC in the core PE lessons and encourage the students to take responsibility for their own learning and to develop skills that are essential for the modern-day workplace. These skills include: teamwork; working from a prescribed brief; working to deadlines; presenting information effectively; and accurately completing administrative tasks and processes.

The BTEC sport course was developed to:

- Encourage personal development through practical participation and performance in a range of sports and exercise activities
- Give learners a wider understanding and appreciation of health-related fitness, sports and exercise through a selection of optional specialist units
- Encourage learners to develop their people, communication, planning and team-working skills by having the opportunity to select from optional units available in the qualification structure
- Give learners the opportunity to develop a range of skills and techniques, personal skills and attributes essential for successful performance in working life.

In addition to this, the qualification provides opportunities for learners to develop the communication skills needed for working in the sport sector, as they progress through the course. This can be achieved through presentations and in discussions where they have the opportunity to express their opinions. The qualification provides opportunities for learners to focus on the development of personal, learning and thinking skills, and English and mathematics knowledge and skills, in a sport-related context.

Unit 1 Fitness for Sport and Exercise - Fitness for sport and exercise is core to the programme of study. This unit has links to, and underpins, the other units for sport.

Unit 2 Practical Performance in Sport - This unit focuses on developing and improving your own practical sports performance. This is achieved through your active participation in practical activities and reflection on your own performance and that of other sports performers.

Unit 3 Applying the Principles of Personal Training - This unit is all about the student, the individual performer, training to improve and enhance personal fitness, using the training methods that are most appropriate, beneficial and engaging.

Unit 5: The Sports Performer in Action - This unit develops a more in depth knowledge and understanding of the short-term responses and long-term adaptations of the body systems to exercise, as well as how energy systems are used during sports performance.

Revision Recourses

There will be a revision guide for all students in the OCR National and the BTEC Sport, alongside access to website memrise and kahoot for the exam preparations.

Both subjects will use TEAMS for shared resources.