

|                                                                                                                                                                                                                                      | Year 13 Sport Studies                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
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| <b>BIG Q</b><br>Content<br><i>(max 5)</i><br><br>How can the knowledge and practical skills gained in sport help participants perform safely, recover effectively from injury, and contribute to the development of sport in the UK? | <b>How can we apply practical skills to participate safely and successfully in outdoor activities?</b><br>Unit 18- Practical skills in Sport and Physical activity.<br>LO3- Be able to apply skills and knowledge in outdoor and adventurous activities.<br><br><b>How is sport organised and developed in the UK to increase participation and success?</b><br>Unit 3- Sports organisation and development.<br>LO1- Understand how sport in the UK is organised.<br><br><b>How can sports injuries be prevented, treated and rehabilitated effectively?</b><br>Unit 17- Sports Injuries and rehabilitation.<br><u>Task 1: Reducing the risk of injury.</u><br>LO1- Know the common sports injuries and their effects. | <b>How can we apply practical skills to participate safely and successfully in outdoor activities?</b><br>Unit 18- Practical skills in Sport and Physical activity.<br>LO3- Be able to apply skills and knowledge in outdoor and adventurous activities.<br><br><b>How is sport organised and developed in the UK to increase participation and success?</b><br>Unit 3- Sports organisation and development.<br>LO2- Understand Sports development.<br><br><b>How can sports injuries be prevented, treated and rehabilitated effectively?</b><br>Unit 17- Sports Injuries and rehabilitation.<br><u>Task 1: Reducing the risk of injury.</u><br>LO2- Be able to minimise the risk of sports injuries. | <b>How can we apply practical skills to participate safely and successfully in outdoor activities?</b><br>Unit 18- Practical skills in Sport and Physical activity.<br>LO3- Be able to apply skills and knowledge in outdoor and adventurous activities.<br><br><b>How is sport organised and developed in the UK to increase participation and success?</b><br>Unit 3- Sports organisation and development.<br>LO3- Understand how the impact of sports development can be measured.<br><br><b>How can sports injuries be prevented, treated and rehabilitated effectively?</b><br>Unit 17- Sports Injuries and rehabilitation.<br><u>Task 2: Responding to injury</u><br>LO3- Be able to respond to acute sports injuries when they occur. | <b>Why are officials essential for ensuring sport is safe, fair and enjoyable?</b><br>Unit 18- Practical skills in Sport and Physical activity.<br>LO4- Be able to officiate in sport and physical activity.<br><br><b>How is sport organised and developed in the UK to increase participation and success?</b><br>Unit 3- Sports organisation and development.<br>LO4- Understand Sports development in practice.<br><br><b>How can sports injuries be prevented, treated and rehabilitated effectively?</b><br>Unit 17- Sports Injuries and rehabilitation.<br><u>Task 2: Responding to injury</u><br>LO4- Know the role of different agencies in the treatment and rehabilitation of sports injuries. | <b>Why are officials essential for ensuring sport is safe, fair and enjoyable?</b><br>Unit 18- Practical skills in Sport and Physical activity.<br>LO4- Be able to officiate in sport and physical activity.<br><br><b>How is sport organised and developed in the UK to increase participation and success?</b><br>Unit 3- Sports organisation and development.<br>Exam preparation and revision.<br><br><b>How can sports injuries be prevented, treated and rehabilitated effectively?</b><br>Unit 17- Sports Injuries and rehabilitation.<br><u>Task 3: Rehabilitation Programme</u><br>LO5- Be able to plan for a rehabilitation programme for a specific sports injury. | <b>Why are officials essential for ensuring sport is safe, fair and enjoyable?</b><br>Unit 18- Practical skills in Sport and Physical activity.<br>LO4- Be able to officiate in sport and physical activity.<br><br><b>How is sport organised and developed in the UK to increase participation and success?</b><br>Unit 3- Sports organisation and development.<br>Examination.<br><br><b>How can sports injuries be prevented, treated and rehabilitated effectively?</b><br>Unit 17- Sports Injuries and rehabilitation.<br><u>Task 3: Rehabilitation Programme</u><br>LO5- Be able to plan for a rehabilitation programme for a specific sports injury. |
| Vocabulary<br><i>(max 10)</i>                                                                                                                                                                                                        | Apendicular skeleton, Axial Skeleton,                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Apendicular skeleton, Axial Skeleton,                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Apendicular skeleton, Axial Skeleton,                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Active People Survey, British Olympic                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Active People Survey, British Olympic                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Active People Survey, British Olympic                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |

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| Catholic Link                                                                                                                                                                                                                                                                                                                                                    | <b>Human Dignity</b>                                                                                              | <b>Common Good</b>                                                                                                | <b>Participation</b>                                                                                                                               | <b>Solidarity</b>                                                                                                     | <b>Rights and responsibilities</b>                                                                                    | <b>Dignity of work</b>                                                                                                                             |
| Careers Link                                                                                                                                                                                                                                                                                                                                                     | <b>Potential career opportunities:</b> PE teacher, Sports coach, Personal trainer, Armed forces, sports industry. | <b>Potential career opportunities:</b> PE teacher, Sports coach, Personal trainer, Armed forces, sports industry. | <b>Potential career opportunities:</b> PE teacher, Sports coach, Personal trainer, Armed forces, sports industry, public services, , Sports media. | <b>Potential career opportunities:</b> PE teacher, Sports coach, Personal trainer, Armed forces, sports industry.     | <b>Potential career opportunities:</b> PE teacher, Sports coach, Personal trainer, Armed forces, sports industry.     | <b>Potential career opportunities:</b> PE teacher, Sports coach, Personal trainer, Armed forces, sports industry, public services, , Sports media. |
| <p>Ways to enrich the year 13 curriculum at home...(max 3)</p> <ul style="list-style-type: none"> <li>• Watch and Analyse Sport- Students can deepen their understanding by watching live or recorded sporting events and analysing:</li> <li>• Stay Active and Develop Practical Skills- Participating in a local sports club or community activity.</li> </ul> |                                                                                                                   |                                                                                                                   |                                                                                                                                                    |                                                                                                                       |                                                                                                                       |                                                                                                                                                    |