

Units covered:

- Unit 1: Body systems and the effects of physical activity
- Unit 2: Sports coaching and activity leadership
- **Unit 3: Sports organisation and development**
- **Unit 5: Performance analysis in sport and exercise**
- **Unit 17: Sports injuries and rehabilitation**

Key Stage 5 (13)	
Course title: Level 3 Sport Technical Extended Certificate	
Exam board: OCR	
Specification code: 05827	
Justification of sequential planning: During key stage 5 (year 13), students will complete the Extended Certificate (equivalent to 1 A Level). This will be done through the completion of 3 units (above). • When students return to year 13, they will begin learning the content for Unit 3: Sports organisations and development. This unit is covered at this point as students will sit the exam in the January series. Therefore, if students don't get a mark that may reflect their knowledge and understanding they will have an opportunity to re-sit in May of year 13. • Once students have sat the Unit 3 exam, they will complete Unit 17: Sports injuries and rehabilitation. Students have already completed part of this unit in year 12. • Finally, students will complete a 60 guided learning hour unit, this will be Unit 5: Performance analysis in sport. This is completed at this point as it is practically based, and students will have use of several indoor and outdoor facilities to complete specific parts of this unit. Student engagement and achievement in this unit has historically been very positive and it continues to provide students with a broad sporting knowledge base, should they wish to continue their studies in this field beyond QEHS.	
Autumn Term	Unit 3: Sports organisation and development LO1: Understand how sport in the UK is organised 1.1 Organisations involved in sport in the UK 1.2 Roles and responsibilities of sports organisations in the UK 1.3 International organisations which impact UK sport 1.4 How the different organisations interact LO2: Understand sports development 2.1 What sports development is 2.2 The purpose of sports development 2.3 The sports development continuum levels 2.4 Target groups In LO1 and LO2 students will learn about sports organisations and sports development. LO3. Understand how the impact of sports development can be measured 3.1 Possible measures 3.2 Methods 3.3 Purpose of measurement LO4. Understand sports development in practice 4.1 Methods of delivering sports development 4.2 Characteristics of sports development initiatives and events

	4.3 Advantages and disadvantages of sports development initiatives and events 4.4 Benefits of sports development LO3 and LO4 both build on the knowledge related to sporting organisations and then discuss different types of initiatives and events, this is what has been previously learnt in LO1/2. Students will then go on to discuss the ways in which the impact of events and initiatives are measured and then discuss methods of delivering sports events. The externally assessed exam takes place in January of Year 13
Spring half-term 1	Unit 17: Sports injuries and rehabilitation LO3. Be able to respond to acute sports injuries when they occur P5: Respond appropriately to acute sports injuries P6: Create an Emergency Action Plan for a specified organisation Learning Outcome 3 follows from our prior teaching of the different types of injuries that may occur and ways to minimise risk. Students will progress to learn about how to respond to those accurate injuries that may occur in sport, now that they know how to determine the type of injury. LO4. Know the role of different agencies in the treatment and rehabilitation of sports injuries P7: Describe the roles of different agencies and professionals involved in the rehabilitation of a sports injury M3: Explain how different agencies and professionals may be involved in the rehabilitation of different types of short, medium and long-term sports injuries Student focus in Learning Outcome 4 moves from responding to injury to the types of agencies and professionals who may be involved in the treatment and rehabilitation programme, understanding the next steps following injuries in sport LO5. Be able to plan a rehabilitation programme for a specific sports injury P8: Describe the different types of treatment that can be used to support the rehabilitation of sports injuries P9: Describe the different phases of treatment of common sports injuries M4: Justify the types and phases of treatment and related exercises within the rehabilitation programme planned with clear reference to SMART principles D2: Anticipate and explain possible adaptations that may be required to the planned rehabilitation programme if progress is not as expected In the final learning outcome of the unit, students can apply their knowledge from Learning Outcomes 1-4 to look at specific treatments for a specific sport injury and can also apply synoptic learning from Unit 2 related to SMART goal setting principles. This consolidates and applies all learning across the unit.
Spring half-term 2	Unit 5: Performance analysis in sport and exercise LO1. Understand performance profiling P1: Explain the performance profiling process and its purpose P2: Evaluate the different methods of recording performance profiling results M1: Explain reasons why and how the performance profiling process may be adapted The teaching in Learning Outcome 1 allows students to build a foundation knowledge of performance profiling as a tool to analyse sporting performance. Students must understand the concepts surrounding performance profiling before carrying it out as we move through the unit.

LO2. Be able to carry out performance profiling

P3: Undertake a personal performance profiling exercise for a selected sport

P4*: Undertake a performance profiling exercise for another participant in a selected sport

P5: Record performance profiling results in a suitable format

M2: Justify the rating of a participant's level and the method of recording performance profiling results

D1: Create an action plan for improvement of weaker areas, including SMART targets and opportunities for review

As the teaching in Learning Outcome 1 allowed students to learn about the principles and methods of performance profiling, they are now able to undertake performance profiling in a selected sport and record this using the methods taught in Learning Outcome 1. Students can also demonstrate their synoptic understanding from Unit 2 to apply SMART targets following their profiling exercise.

LO3. Be able to analyse performance

P6: Select and use method(s) of analysing performance for a variety of given sports and situations

M3: Compare and contrast methods of analysing performance in relation to a variety of given sports and situations justifying choices

The students move their learning forward and build upon prior unit learning by studying, selecting and using methods of analysing performance, showing their knowledge of the requirements and profiling used in different sports. To demonstrate their understanding further students are challenged to compare and contract methods of analysing performance.

LO4. Be able to give feedback on sports performance

P7: Select and use feedback method(s) for the identified situations

M4: Justify choice of methods for analysing performance and feedback for the identified situations

D2: Analyse whether other methods may have been more suitable for the identified situations on reflection, based on outcomes

In the final learning outcome of the unit, students are now challenged to provide feedback, justify their choice of methods and analyse the suitability of this for the given situations. This brings about an application of learning that has taken place across Unit 5.

The deadline for completion of all coursework is May half-term in Year 13.