

Curriculum Intent and Rationale for Exam Boards (for examined subjects)

Cambridge National in Sport Studies will encourage students to:

- Understand and apply the fundamental principles and concepts of Sport Studies
- Develop learning and practical skills that can be applied to real-life contexts and work situations • Think creatively, innovatively, analytically, logically and critically
- Develop independence and confidence in using skills that are relevant to the Exercise, Physical Activity, Sport and Health sector and more widely
- Understand topical and contemporary issues in sport, including; why people do and do not participate in sport, the promotion of ethics and values, the roles of National Governing Bodies and high profile events have in sport, as well as how technology is used within sport
- Develop skills as a performer in two different sporting activities and learn how to lead sporting activity sessions
- Create a plan, write and evaluate an activity session, to further develop leadership skills
- Analyse their own performance to help improve themselves and their skills in sport
- Explore the relationship that media has with sport and understand how linked they are. The relationship to real world examples and the different ways in which sport and the media represent each other will be applied
- Develop the skills of team working, research and planning and understand that sports performance goes far beyond just the simple physical activity of sport
- Take part in outdoor and adventurous activities in natural settings, learning how to do this safely as well as understanding the benefits that these activities offer to people.

How does the KS4 curriculum build on that from KS3?

Cambridge Nationals in Sports Studies builds on the foundation laid in Key Stage 3 (KS3) by offering a more specialized and vocational approach to physical education and sports. Here's how Cambridge Nationals in Sports Studies follow on from KS3:

Practical Skills Development

KS3: Students develop fundamental skills across a range of sports, focusing on participation, basic techniques, and understanding game rules.

Cambridge Nationals: Practical skills are refined and applied in more specific contexts. Students focus on improving performance in selected sports, learning advanced techniques, and understanding the nuances of competitive play. They also get the opportunity to develop coaching and leadership skills by organizing and leading sports activities.

Theoretical Knowledge and Application

KS3: Students are introduced to basic theoretical concepts such as the benefits of physical activity, simple anatomy, and fitness principles.

Cambridge Nationals: Theoretical knowledge is expanded and applied in more practical contexts. Students study units on contemporary issues in sport, sports leadership, sports performance, and the importance of physical activity and nutrition for a healthy lifestyle. This deeper understanding helps them apply theoretical concepts to real-world scenarios, enhancing their learning experience.

Assessment and Evaluation

KS3: Assessment typically involves participation, skill development, and understanding of basic rules and strategies in various sports.

Cambridge Nationals: Assessment is more varied and vocationally relevant. It includes written coursework, practical performance assessments, and evaluations of sports leadership and coaching. Students are assessed on their ability to apply theoretical knowledge to practical situations, analyse performance, and understand the broader context of sport in society.

Personal Development and Fitness

KS3: Students learn about personal fitness through participation in physical activities and basic fitness testing.

Cambridge Nationals: There is a greater emphasis on personal fitness and development. Students design and follow personalized fitness programs, learning about the principles of training, exercise physiology, and how to maintain a healthy lifestyle. They gain practical experience in monitoring and improving their own fitness levels.

Health, Well-being, and Nutrition

KS3: Students gain a basic understanding of the importance of an active lifestyle and the risks of inactivity.

Cambridge Nationals: The focus on health and well-being is more comprehensive. Students learn in detail about nutrition, the benefits of regular physical activity, and how lifestyle choices impact overall health. They study how to promote health and well-being within different populations and the role of sport in society.

Leadership and Career Pathways

KS3: Students may have a general awareness of potential careers in sports. Students gain experience in planning and leading safe sport activity sessions.

Cambridge Nationals: There is a strong emphasis on developing leadership and employability skills. Students learn about career opportunities in sports coaching, sports development, and the fitness industry. They are encouraged to explore different roles and gain practical experience through leadership and organization of sports events and activities. This vocational focus helps them make informed decisions about their future career paths.

Sport in Society

KS3: Students get a basic introduction to the role of sport in culture and society.

Cambridge Nationals: The role of sport in society is examined in greater depth. Students explore contemporary issues in sport, such as the impact of major sporting events, the role of national governing bodies, and the influence of media on sport. This broader perspective helps them understand the significance of sport beyond personal participation.

What do students do with their acquired knowledge and skills?

The skills learned in Cambridge Nationals in Sports Studies are versatile and applicable in many areas. Students can enhance their personal performance and fitness, pursue careers in the sports and fitness industry, continue their education in related fields, and apply their leadership and analytical skills in various roles. Additionally, the socio-cultural awareness and community engagement skills gained can help students make a positive impact on society by promoting healthy lifestyles and inclusivity in sports.

How does the KS4 curriculum align to and go beyond the National Curriculum?

Cambridge Nationals in Sports Studies provides a more specialised, vocational, and in-depth education compared to the National Curriculum. It focuses on practical skills, real-world applications, detailed theoretical knowledge, career preparation, and comprehensive health and well-being education. The course prepares students for specific careers and further education in sports and fitness, while also engaging them with contemporary issues and ethical considerations in the sports industry.

What new knowledge are students taught?

Term	Year 10	Year 11
Autumn	R186: Sport and the Media - Carry out their set assignment task 1-3	R185: Performance and Leadership and R184: Contemporary Issues in Sport - Carry out their set assignments task 1-5 - Teach content for exam content
Spring	R186: Sport and the Media and R185: Performance and Leadership - Submit Media assignment - Carry out assignment 1-5	R184: Contemporary Issues in Sport and Catch up: - Students sit exam. - For students resitting exam/coursework.
Summer	R185: Performance and Leadership - Carry out their set assignment 1 -5	Catch up: For students resitting exam/coursework.

How and where do students build knowledge through KS4?

Students will develop knowledge, understanding and skills that you can apply to a range of approaches that are relevant to the workplace or higher education. You will be able to work with independence to create material which shows effective planning, development and evaluation, and an ability to demonstrate practical skills and qualities. You will develop the skills to produce work that is complete and coherent, demonstrating independence and understanding. You will be able to:

- Recall, select and apply knowledge and understanding, using practical sporting examples

- Demonstrate knowledge and understanding of physical and psychological factors that affect performance as well as demonstrating your practical performance skills within two sporting activities
- Identify, plan and carry out a range of activities and exercises to prepare for, and recover from, sporting activities
- Demonstrate awareness of how to meet specific needs when developing and delivering different physical activity programmes
- Use technical language and terminology correctly
- Demonstrate evaluative skills. These skills will help you progress onto further study in the Exercise, Physical Activity, Sport and Health sector. This may be Level 3 vocational qualifications, such as the Cambridge Technical in Sport and Physical Activity, AS or A-Levels, such as Physical Education, Psychology, Sociology, Sport or Media or an apprenticeship in Community activator coach, Leisure team member.