

The Physical Education Department at Wexham School
PE Examination Courses Curriculum Map



Year 10	Year 11	Year 12	Year 13
<p>Level 1/2 OCR Cambridge National Certificate in Sports Studies</p> <p><i>Two units are delivered simultaneously for the full duration of Year 10 (Sept – July):</i></p> <p>Unit R051 – Contemporary Issues in Sport</p> <ul style="list-style-type: none"> • Issues affecting participation in sport • The role of sport in promoting values • The importance of hosting major sporting events • The role of national governing bodies in sport <p>Unit R052 – Developing Sports Skills</p> <ul style="list-style-type: none"> • Practical techniques and tactics / strategies for individual sports and team sports • Officiating for individual sports and team sports • Different types of practice that can be used to improve practical performance 	<p>Level 1/2 OCR Cambridge National Certificate in Sports Studies</p> <p><i>Autumn Term 1 - Spring Term 1 (Sept – Feb):</i></p> <p>Unit R053 – Sports Leadership</p> <ul style="list-style-type: none"> • Personal qualities, styles and responsibilities associated with effective sports leadership • The requirements of a safe, effective sport activity session • Planning and leading sport activity sessions <p><i>Spring Term 2 – Summer Term 2 (Feb – July):</i></p> <p>Unit R054 – Sport and the Media</p> <ul style="list-style-type: none"> • How sport is covered by the media (television, written press, radio, internet) • The positive and negative effects the media can have on sport • The relationship between sport and the media 	<p>Level 3 BTEC National Extended Certificate in Sport</p> <p><i>Two units are delivered simultaneously for the full duration of Year 12 (Sept – July):</i></p> <p>Unit 1 – Anatomy & Physiology:</p> <ul style="list-style-type: none"> • Anatomy and physiology of the skeletal system, the muscular system, the cardiovascular system and the respiratory system. • Short and long-term effects of exercise on all body systems • Energy systems <p>Unit 3 – Professional Development in the Sports Industry</p> <ul style="list-style-type: none"> • Career and job opportunities in the sport industry • Successful recruitment techniques (job applications and interviews) • Completing a job application in the sport industry • Preparing for, completing, and reviewing own performance in a job interview 	<p>Level 3 BTEC National Extended Certificate in Sport</p> <p><i>Two units are delivered simultaneously for the full duration of Year 13 (Sept – June):</i></p> <p>Unit 2 – Fitness Training and Programming for Health, Sport, and Wellbeing:</p> <ul style="list-style-type: none"> • Interpreting lifestyle and health screening information • The effects of lifestyle choices on health and well-being • Lifestyle modification techniques • Nutrition for health and well-being • Training methods and principles <p>Unit 5 – Application of Fitness Testing</p> <ul style="list-style-type: none"> • Principles of fitness testing • Specific fitness tests for different fitness components • Administration of fitness tests using accurate, reliable methods • Analysing and interpreting fitness test data • Providing feedback from fitness testing results to an individual