

OAW Sport & Health Curriculum

Improving Wellbeing and personal development through Sport & Physical Activity

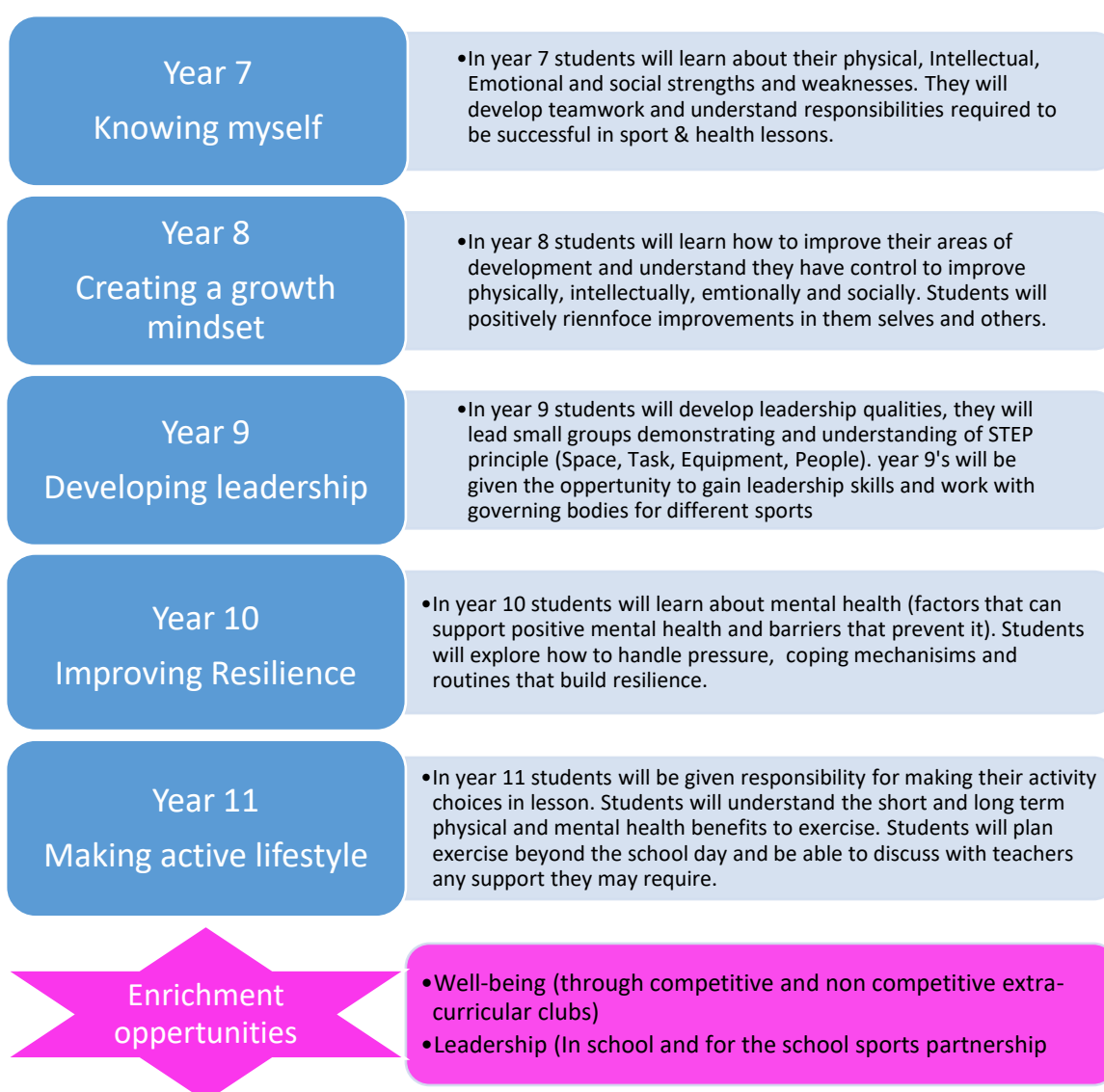


Sport & Health at Oasis Academy Wintringham

Improving Wellbeing and personal development through Sport & Physical Activity

Sport & Health Lessons at Oasis Academy Wintringham will use sport and physical activity as a vehicle to improve our student's physical, Intellectual, emotional & social well-being, giving opportunities for all our young people to focus on their personal development through sport.

Through our sport & health curriculum we will; be physically active, improve physical competences, promote social & emotional growth, and teach key knowledge required for sport, health and fitness. Our students will experience a range of sports and physical activity during sport & health lessons using the process as a platform for teaching outcomes that support student's wellbeing and personal development.



Assessment

Assessment will allow students to identify their areas of strength and areas of development. The assessment framework supports finding a successful area of sport and health for all students. When students have achieved all sections they will be given a score of 9, each sections equals a score of 1. Each section as a minimum of 3 criteria that all must be achieved.

Hands (Physical)	Head (Intellectual)	Heart (Social/Emotional)
<p>You can:</p> <ul style="list-style-type: none"> • Demonstrate basic movement skills and control of your body. • Replicate skills in 2 or more sports and apply co-ordination and agility when performing. • Complete 3 fitness tests and participate in all lessons. 	<p>You can:</p> <ul style="list-style-type: none"> • Identify major muscles and describe ways in which to prepare for exercise. • Identify ways to improve your chances of winning. • Describe your own strengths and areas of improvement in sports and fitness. 	<p>You can:</p> <ul style="list-style-type: none"> • Demonstrate respect for the teacher and other members of your group. • Control your emotions when taking part in non- competitive physical activity. • Demonstrate an awareness of others' feelings and emotions.
<p>You can:</p> <ul style="list-style-type: none"> • Demonstrate improved technique in 2 or more sports and use skills in a game setting with increased confidence. • Move with increased fluency and show accuracy within your performance. • Demonstrate you show an acceptable level of cardiovascular fitness for you age (or a significant improvement). 	<p>You can:</p> <ul style="list-style-type: none"> • Explain why and how we warm up, suggesting ways to warm up. • Describe your current level of fitness and the terms aerobic and anaerobic exercise. • Compare performances recognising strengths and areas of improvement. • Identify and suggest improvements for the use of tactics in a sport. 	<p>You can</p> <ul style="list-style-type: none"> • Work in co-operative and competitive activities with others, communicating with different members of the group. • Demonstrate confidence and enthusiasm in 2 or more sports. • Maintain sportsmanship and emotional control during competitive situations.
<p>You can:</p> <ul style="list-style-type: none"> • Demonstrate good levels of technique and skill in a range of sports and can perform them in a variety of ways in a competitive setting. • Demonstrate your fitness levels are above or average in relation to national normative data for your age. • Link movements with creativity, fluency and precision. 	<p>You can:</p> <ul style="list-style-type: none"> • Evaluate your own and others performance suggesting SMART targets. • As part of your evaluation, you can discuss your levels of fitness with reference to different types of fitness. • Explain tactics and how they are applied in more than one sport or activity. • Plan and deliver activities to improve both fitness and sport performance. 	<p>You can:</p> <ul style="list-style-type: none"> • Lead, follow and organise in different roles. • Motivate and instil a positive sporting attitude in others, showing empathy and sportsmanship at all times. • Work for extended periods of times independently and with others without direct teacher support.

BTEC First Sport Award

Students study 4 units over 2 years, 1 unit is an external online exam taken in the first year of the course. 3 units will be internally assessed, each unit is 25% of the final grade. The course will promote contextual experience of leadership, officiating, personal training and more to give students a chance to practically excel as well as producing high quality written assessments. Traditionally the course is 3 hours a week which include 2 classroom based lessons and 1 practical. Students studying the subject must have an enthusiasm and knowledge to allow for enjoyment and progression in the course. Students will require video and picture evidence to support written assignments.

Unit overview

Unit 1 = Fitness for Sport and Exercise (External exam, taken in year 10, one resit allowed)

- Components of fitness
- Training Methods
- Fitness testing

Unit 2 = Practical Sport Performance

- Rules, regulations and Scoring Systems
- Practically demonstrate skills and techniques
- Review sports performance

Unit 3 = Applying the principles of training

- The effects of exercise on the musculo-skeletal and cardio-respiratory system
- Designing an exercise programme to include principles of training
- Measuring success for exercise programme

Unit 6 = Sports leadership

- Skills and qualities of a successful leader
- Planning and delivering sports
- Review strengths and areas of development of leadership

19/20 LT plan	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 11 (2020)	Unit 2/3	Unit 3	Unit 3	Unit 6	Unit 6	
Year 10 (2021)	Unit 1	Unit 1	Unit 1 (Exam)	Unit 2	Unit 2	Unit 2

BTEC Tech Award in Health & Social Care

Students will study human development, life events, different care services, barriers to services, care values and how to design a health and improvement plan for service users. This will be achieved through 4 assignments in two key units and an external exam worth 40% of the final marks. As part of the course students will be encouraged to share real life experiences, show empathy and visit different health care settings.

Unit 1 Human Lifespan Development (Internally assessed).

Student will investigate how, in real situations, human development is affected by different factors and that people deal differently with life events. Learning aim A – Human growth and development and learning aim B – How individuals deal with life events

Unit 2 Health and Social Care Services Internally assessed.

Students study and explore practically, health and social care services and how they meet the needs of real service users. They also develop skills in applying care values. Learning aim A – Health and social care services and barriers to accessing them and Learning aim B – Demonstrate care values and review own practice

Unit 3 External Examination 40% of total qualification.

Should be completed at the end of the BTEC qualification as it comprises of content learnt in both unit 1 and 2. Learners are permitted to resit the external assessment once. Student will study the factors that affect health and wellbeing, learning about physiological and lifestyle indicators, and how to design a health and wellbeing improvement plan.

19/20 LT plan	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 11 (2020)	Unit 2	Unit 3	Unit 3 (Exam)	(Unit 2B)	(Retake)	
Year 10 (2021)	Unit 1	Unit 1	Unit 1	Unit 2	Unit 2	Unit 2