OCR Cambridge Technical Level 3 Sport (Double)

Vision - The PE department sets their vision as supporting students to become knowledgeable, confident, and independent learners who are ready to succeed in the world of sport and beyond.

Curriculum Intent – OCR Level 3 Sport and Physical Activity

Our Level 3 Sport curriculum is designed to develop knowledgeable, confident, and independent students who understand the sport and physical activity sector and are prepared for progression into higher education, apprenticeships, and employment.

Through the OCR Cambridge Technical Extended Certificate and Diploma, students develop a broad understanding of areas including anatomy and physiology, sports organisation and development, performance, coaching, and leadership. Learning is carefully sequenced so that students build secure knowledge and make meaningful connections across units.

Theory is deliberately connected to real sporting contexts, enabling students to apply their knowledge to athletes, coaches, teams, and sporting organisations. Students are challenged to move beyond recall by developing their ability to apply, analyse, evaluate, and justify.

Practical, vocational and leadership opportunities allow students to develop important transferable skills including communication, organisation, teamwork, problem-solving, and reflection.

Our overall aim is to ensure that our students leave Ridgewood with the knowledge, skills, confidence, and ambition to succeed in their chosen next step and recognise the wide range of opportunities available within sport and physical activity.

Why study Sport at The Sixth Form at Ridgewood?

- Interesting and detailed course that covers many different areas of sport
- Dedicated highly motivated staff that will look to get the very best from their students
- Well planned, organised and delivered course in a department with good and outstanding results over the last five years
- The course is a combination of coursework and exams which is completed systematically over the two years allowing for reduced end of course pressure
- Students have gone on to study a wide range of courses at university and become employed in different areas following the completion of the course

What topics will I study in this subject?

Topic	What this means
Unit 1 – Body Systems	You will learn about the skeletal, muscular, cardiorespiratory and energy systems. You will be taught how the systems work, respond to exercise and adapt via training. This will be tested in an exam.

Unit 2 – Sports Coaching	You will learn about and be given an understanding of the theory behind what makes a good sports coach and activity leader, and methods that can be employed to improve performance of participants.
Unit 3 – Sports Organisation and Development	You will learn about organisation of sport in the UK and how it is led by many agencies and organisations. You will also learn how they are concerned with sports development and the increase of participation in sport and physical activity to help improve the health of the nation and to aid the development of elite athletes who can compete and achieve on an international level. This will be tested in an exam.
Unit 5 - Performance Analysis in Sports and Exercise	For elite sports performers, even the smallest margins in time and/or distance can mean the difference between winning and losing, success and failure. Even for performers who are not competing at the top level, the desire to improve and 'be the best that I can be' means that analysing performance and getting constructive feedback is an important part of participating in sport and exercise. This unit will give you the skills and knowledge required to carry out performance profiling and analysis and deliver feedback to the performers in a manner that is suitable for them.
Unit 8 – Organising Sporting Events	This unit is designed for you to develop skills in planning, promoting and delivering a sports event, with a focus primarily on your individual role as well as working as part of a team and reflecting on your input and future personal development. This unit will enable you to establish transferrable skills which can be used in sport and active leisure as well as in the fitness industry. It will also enhance skills such as teamwork, organisation and safeguarding awareness.
Unit 10 – Biomechanics	In this unit you will learn the axes and planes of movement, types of movement and levers that the body uses. You will also gain an understanding of Newton's Laws of Motion, forces and stability and how the application of these can affect a performer in a sporting environment. You will also learn how to analyse movement in order to improve the performance of an athlete or performer.

Unit 11 – Exercise for Specific Groups	This unit will allow you to develop knowledge and understanding of the different groups of individuals who would benefit physiologically, psychologically and sociologically from participating in physical activity and why these particular groups are targeted by initiatives. This knowledge and understanding will then support you in planning suitable physical activity sessions for the groups identified and the considerations that need to be taken into account for each of them.
Unit 17 – Sports Injuries and Rehabilitation	This unit will teach you how to recognise and treat common sports injuries both immediately and through long-term rehabilitation programmes, the possible psychological impacts of sports injuries, and how to minimise the risk of sports injuries occurring in the first instance.
Unit 18 – Practical Sport	This unit gives you the opportunity to participate in a number of different sports and outdoor and adventurous activities which allows you to experience first-hand situations that participants you may later be coaching or leading will come across. In this unit you will learn how to apply skills, tactics, techniques and knowledge in individual sports, team sports and outdoor and adventurous activities which will allow you to participate effectively, safely and enjoyably.
Unit 19 – Sports Psychology	In this unit you will learn different motivations that people have for participating in sport and exercise and how performance can be managed through an understanding of attribution theory, stress and group dynamics. You will also learn the impacts that participation in sport and exercise can have on a person's mental health and wellbeing, whether an elite performer or a member of the general public.

What skills will I need in this subject?

Skill	What this skill involves in this subject
Knowledge recall and application	For the exam units you will be expected to recall key information such as names of muscles and apply how they work in different situations.
Research	You will be expected to conduct your own research to enable you to complete aspects of your coursework. This will involve using websites and journals from Google Scholar to enhance the work that you are completing.
Independent coursework completion	Once you have been taught the areas of each unit you will be expected to apply this knowledge to different scenarios to enable you to complete the tasks given. This will include working to deadlines and checking your work against the set criteria.
Leadership and teamwork	During your coaching units you will be given the chance to lead activities for younger students in the school. You will need to be comfortable working with others to lead these small groups in sports of your choice under teacher supervision.

What will my lessons involve?

- Lessons will involve being taught content from PowerPoints to help complete work books in each unit area.
- Once a unit is complete there will either be an exam or a coursework assignment.
- An assignment sheet will be given listing the expectations for each task.
- These tasks will be completed in lesson and independent study times. These will then be marked and feedback will be given to help improve the grade.
- Practical lessons will involve coaching sessions and sports relating to the unit being studied.

What will my independent study involve?

- Further research into exam units to deepen your knowledge and understanding of the topic.
- Revision for exams.
- In order to secure the top grades, you will be expected to complete real-life research surrounding the area of study for each of the coursework units. This research adds context and substance to your coursework and is necessary to ensure the work is independent.
- Complete improvements to your assignments in your own time. The amount of work you will have will depend on how much work is required.
- Expect around two hours of coursework preparation/completion every two weeks alongside research and revision for the exam units of around two hours every two weeks. This will be monitored by staff and you will be expected to show your research.
- Through hard work and dedication, you will be able to achieve success in this subject but please be mindful that there is lots of coursework to complete, particularly in Year 12.

How will I be assessed?

Percentage exam assessment: 30%	Percentage coursework assessment: 70%

Assessment	Details of assessment
Body systems and the effects of physical activity	Exam in January 1 hour 30 minutes written paper 70 marks

Sports coaching and activity leadership	Coursework to be completed by Easter 7 learning tasks Practical (coaching) and theory elements
Sports organisation and development	Exam in May 1 hour written paper 60 marks
Performance analysis in sport and exercise	Coursework to be completed by June 3 learning tasks Theory
Sports injuries and rehabilitation	Coursework to be completed in Year 13 3 learning tasks Theory
Working safely in sport, exercise, health and leisure	Exam in May 1 hour 30 minutes 70 marks
Exercise for specific groups	Coursework to be completed by May half term Theory
Organisation of sports events	Coursework to be completed in Year 13 4 learning tasks Theory and practical
Practical skills in sport and physical activities	Coursework to be completed by Easter Practical
Biomechanics and movement analysis	Coursework to be completed by Christmas 4 learning tasks Theory
Sport and exercise psychology	Coursework to be completed in Year 13 3 learning tasks Theory

How do I know this is the right course for me?

- The course is very varied and addresses lots of different aspects of sport.
- All the exams will be completed by the end of Year 12 (re-sits in January of Year 13 if required).
- There is a lot of coursework but if you can complete this coursework to the deadlines set then you will have some time at the end of the Year 13 to focus on studying for your other exams.
- There is very little practical. However, there is a practical unit and in order to get distinction you must be able to perform to a high standard to ensure you secure a high grade in this unit.
- You will be expected to complete at least one sport outside of school for a team.
- The course is an extension of the Level 2 Cambridge National and is not too dissimilar from the VCert. However, there is an obvious progression and the theory is in line with A level PE. The exams will require you to be focused and complete high-quality revision in the lead up to exams.
- You must be organised and you will need a folder to make sure all your work and notes are kept in the right unit. The students who have struggled with this course are those who did not understand the expectations of completing work by deadlines and failed to complete revision in preparation for exams.
- This is a great subject to work alongside any of your other A levels. However, it is a highly coursework-based subject therefore if doubled with another coursework-based subject you might find there to be a lot of coursework.
- You must have a passion for sport and the world of sport. There is a lot of theory in this subject that is made easier if you have a passion for sport and an understanding of how coaching works, the importance of the body, and the need for a healthy body and mind.

