

Curriculum Intent

The Extended Diploma offers a comprehensive suite of units which encompass the sport and physical activity sector. The course will provide pupils with knowledge which can be used and enhanced in many areas.

A wide range of centre assessed units with practical and project-based assessment opportunities, which include sports coaching and activity leadership; sports injuries and rehab; improving fitness for sport.

As well as examined units on the body systems and the long and short term impacts of sport and physical activity; how sport is organised and the purpose of sports development; health and safety requirements in sport and physical activity; the purpose of, and how to conduct research in sport and physical activity; and how businesses in sport are organised and what success looks like to them.

What do students *do* with this knowledge or these skills?

By improving and developing theoretical knowledge and understanding of the factors that underpin physical activity and sport, pupils will be able to draw knowledge from various areas to improve physical activity and performance in various sporting contexts.

Through receiving high quality coaching from NCF staff, pupils will refine their ability to perform effectively on the football pitch by developing skills and techniques and selecting and using effective tactics and strategies.

Learners become effective and independent learners and as critical and reflective thinkers with curious and enquiring minds.

Enables the learners to analyse and evaluate a physical performer to improve performance.

To be able to format extended written responses which are well-developed line of reasoning which is clear and logically structured. The information presented is relevant and substantiated. As well as them being able to form well-argued, independent opinion and judgements which are well supported by relevant practical examples.

Through application of knowledge gained from this course, learners will be able to develop their skills in other sporting roles such as coach/leader, psychologist, nutritionist, sports scientist, sports safeguarding, sports therapist as well as directly relating it to their own performance.

How does the KS5 curriculum build on that from KS4?

The KS5 PE curriculum at DMA builds on the level 2 courses on offer at KS4. Our newest addition to the suite of PE Examination courses is the Cambridge Technicals Sport and Physical Activity course in partnership with Norwich City Community Football. This exciting new "Extended Diploma" course is the equivalent to 3 A-Levels and pupils will benefit from training with Norwich City coaches throughout the year, as well as playing a full fixtures programme against other prominent football club school academy programmes.

This comprehensive course will provide pupils with knowledge that can be taken into a vast range of sport environments and future careers. As well as providing an excellent step to further study at University.

Extended Diploma with NCF - What new knowledge or skills are students taught?

Term	Year 12	Year 13
Autumn	<p><u>Unit 1 – Body Systems and the Effects of Physical Activity</u> Pupils will study for an exam in January</p> <p><u>Unit 4 – Working Safely in Sport, Exercise, Health and Leisure</u> Pupils will study for an exam in January</p> <p><u>Unit 17 – Sports Injuries and Rehab</u></p>	<p><u>Unit 5 – Performance Analysis in Sport and Exercise</u></p> <p><u>Unit 21 – The Business of Sport</u> Pupils will study for an exam in January</p> <p><u>Unit 3 – Sports Organisation and Development</u> Pupils will study for an exam in January</p>

<p>Spring</p>	<p><u>Unit 2 – Sports Coaching and Activity Leadership</u></p> <p><u>Unit 14 – Working in Sport and Active Leisure</u></p> <p><u>Unit 11 – Physical Activity for Specific Groups</u></p>	<p><u>Unit 19 – Sport and Exercise Psychology</u></p> <p><u>Unit 20 – Sport and Exercise Sociology</u></p>
<p>Summer</p>	<p><u>Unit 13 – Health and Fitness Testing for Sport and Exercise</u></p> <p><u>Unit 7 – Improving Fitness for Sport</u></p> <p><u>Unit 8 – Organisation of Sports Events</u></p> <p><u>Unit 12 – Nutrition and Diet for Sport and Exercise</u></p>	<p><u>Unit 18 – Practical Skills in Sport and Physical Activities</u></p>
<p>Rationale for this sequencing</p>	<p>The sequencing has been decided upon through a mapping process across all units. Pupils will gain prior knowledge before completing later units, thus enhancing the progression through the course.</p> <p>Academic study will occur across two days a week. Pupils on this course will be able to train with Norwich Community Football and play matches against other Colleges/Academies throughout the year.</p>	

Additional support at home

Additional reading for enjoyment, enhancement and extension	<ul style="list-style-type: none">Absolutely anything sport related! We enjoy talking about the world of sport and contemporary issues in sport. Keep up to date through TV, Internet, Podcasts and the Telegraph does a lovely Sport supplement!
Online resources to practice, consolidate and revise	<ul style="list-style-type: none">OCR exam board course information and unit guidesThe Everlearner - https://theeverlearner.com/ Preparation tasks for Unit 1 will be on this platform.
Workbooks & revision guides to practice, consolidate and revise	<ul style="list-style-type: none">OCR Textbook