



KS4 Curriculum Overview

Sport and Physical Activity Extended Diploma OCR Cambridge Technicals

Curriculum Intent

The Cambridge Technical Extended Diploma in Sport and Physical Activity is designed to provide students with an in-depth and applied understanding of the sport, exercise, and physical activity sector. Through a combination of theoretical study and practical experience, learners will explore a wide range of units that cover key aspects such as anatomy and physiology, fitness training, coaching, sports organisation, and the influence of contemporary issues in sport. This broad curriculum enables students to understand the diverse roles within the sector and how wider societal factors shape sport participation and performance.

Students will take on multiple roles — as performers, coaches, analysts, and planners — developing leadership, communication, and problem-solving skills in realistic and dynamic environments. They will also engage critically with the relationship between sport and the media, as well as with current trends such as digital technology in sport, inclusivity, and health promotion. Case studies, workplace scenarios, and practical assessments support a deeper understanding of professional practice and expectations in the industry.

This qualification promotes the development of a wide range of transferable and employability skills, including independent research, critical analysis, teamwork, and effective communication through written reports and presentations. Learners will also develop confidence in planning, delivering, and evaluating fitness and coaching programmes, helping them to build professional competencies and a strong sense of personal responsibility.

As a vocational programme at Key Stage 5, the Extended Diploma prepares students for direct entry into employment, higher-level apprenticeships, or further study in sport-related degrees. It offers a robust foundation for future careers in coaching, teaching, fitness, health promotion, sports therapy, and other related fields.

How does the KS5 curriculum build on that from KS4?

The course builds directly on the foundations laid in the KS4 Cambridge National in Sport Studies. While the Level 2 course introduces learners to key themes such as contemporary issues in sport, media influence, and leadership, the Level 3 qualification develops these areas in greater depth and breadth. Students expand their understanding through a wider range of specialist units — such as anatomy and physiology, fitness testing and training,

sports psychology, and professional development in the sports industry. They take on more complex roles, including planning and delivering structured coaching and training programmes, analysing performance using data, and evaluating real-world scenarios. This progression supports students in refining the skills introduced at KS4 — including leadership, communication, and critical thinking — and equips them with the knowledge and experience needed for higher education, apprenticeships, or employment in the sport and physical activity sector.

What do students do with this knowledge or these skills?

Students apply the knowledge and skills gained through the Level 3 Cambridge Technical in Sport and Physical Activity in increasingly professional and real-world contexts. They use their practical, leadership, and analytical skills to plan and deliver structured coaching sessions, design fitness programmes, and evaluate performance using technical data. The interpersonal and organisational abilities developed throughout the course prepare students to take on leadership roles within teams, work collaboratively in sport-related environments, and respond to challenges with confidence and independence. Many learners progress into higher education courses in sport science, teaching, coaching, or health and fitness, while others pursue apprenticeships or employment in roles such as personal training, community sport development, and sports therapy. The transferable skills they build — including communication, problem-solving, and self-management — are also valuable across a wide range of industries beyond sport.

How does the KS5 curriculum align to the National Curriculum?

The KS5 Cambridge Technical in Sport and Physical Activity builds on the core aims of the National Curriculum by deepening students' understanding of physical education and its wider significance in society. It extends the key themes of competence in physical activity, promotion of healthy, active lifestyles, and effective teamwork by embedding them in applied, industry-relevant contexts. Students further develop their ability to plan, perform, and evaluate sporting activities, while also gaining insight into areas such as anatomy and physiology, sports psychology, and the organisation of sport. The curriculum promotes independence, leadership, and critical thinking—skills that reflect the National Curriculum's emphasis on preparing students for life and work. Through a combination of theoretical knowledge and vocational application, the course ensures continuity with prior learning while equipping students for progression into higher education, employment, or apprenticeships in the sport and physical activity sector.

In addition, students have the opportunity to opt into the **Norwich City Community Football Programme**, where they benefit from regular training with professional coaches from Norwich City Football Club. This enrichment programme also includes participation in a competitive fixtures calendar against other prominent football club school academy programmes, providing valuable experience in high-performance sporting environments.

What new knowledge or skills are students taught?		
Term	Year 12	Year 13
Autumn	<ul style="list-style-type: none"> • Unit 8 – Organisation for Sports Events • Unit 18 – Practical Skills in Sport and Physical Activities • Unit 1 - Body Systems and the Effects of Physical Activity (examination) • Unit 4 - Working Safely in Sport, Exercise, Health and Leisure (examination) 	<ul style="list-style-type: none"> • Unit 19 – Sport and Exercise Psychology • Unit 5 – Performance Analysis in Sport and Exercise • Unit 3 – Sports Organisation and Development (examination) • Unit 21 – The Business of Sport (examination)
Spring / Summer	<ul style="list-style-type: none"> • Unit 1 and Unit 4 Examinations in January • Unit 7 and Unit 13 – Improving Fitness for Sport and Physical Activity • Unit 2 – Sports Coaching and Activity Leadership • Unit 12 – Nutrition and Diet for Sport and Exercise • Unit 11 – Physical Activity for Specific Groups • Unit 14 – Working in Active Leisure Facilities 	<ul style="list-style-type: none"> • Unit 3 and Unit 21 Examinations in January • Unit 17 – Sports Injuries and Rehabilitation • Unit 6 – Group Exercise to Music • Unit 20 – Sport and Exercise Sociology
Rationale for this sequencing	<p>Students begin the course in Year 12 by studying the core units, such as Anatomy and Physiology and Body Systems and the Effects of Physical Activity, to provide a strong theoretical foundation that underpins later applied units. Alongside this, students engage with Professional Development in the Sports Industry to develop their awareness of career pathways, employability skills, and industry expectations early in the course.</p> <p>In the second half of Year 12, the focus shifts to more practical and vocationally applied units such as Sports Coaching and Activity Leadership, allowing students to start building their leadership, planning, and delivery skills in real-world contexts. This timing also supports their confidence before work placements or community coaching opportunities.</p> <p>In Year 13, students complete remaining units such as Sport and Exercise Psychology and Nutrition and Diet for Sport, which build on prior knowledge while developing higher-order thinking and evaluation skills. Coursework units are sequenced to allow ample time for planning, completion, and internal moderation, while ensuring that final submissions align with OCR's external deadlines.</p>	

This structure ensures that students develop a balance of theoretical knowledge, practical competence, and industry insight across both years. The curriculum is designed to build confidence and independence progressively, preparing students for the academic and professional expectations of higher education, apprenticeships, or direct employment in the sport and physical activity sector.

Additional support at home

<p>Additional reading for enjoyment, enhancement and extension</p>	<ul style="list-style-type: none"> •BBC Sport (website) – BBC Sport •Sky Sports News – Sky Sports News •Sport England – Sport England •Youth Sport Trust – YST Website •Women in Sport – Women In Sport •Team GB / ParalympicsGB – Team GB Paralympics •UK Coaching - UK Coaching •Sporting documentaries on Netflix eg. Icarus, Formula 1: Drive to Survive, Breakpoint, Athlete A, Rising Phoenix, The Redeem Team •Weekly Enhanced Learning documents on Teams for each unit
<p>Online resources to practice, consolidate and revise</p>	<ul style="list-style-type: none"> • The Everlearner for Unit 1 and Unit 3 examinations - https://theeverlearner.com/ • OCR exam board information - L3 OCR Exam Board • Quizlet Flashcards for Unit 1, Unit 3, and Unit 4 and Unit 21 examinations - Unit 1 Flashcards, Unit 3 Flashcards, Unit 4 Flashcards, Unit 21 Flashcards
<p>Workbooks & revision guides to practice, consolidate and revise</p>	<ul style="list-style-type: none"> • Cambridge Technicals Level 3 Sport and Physical Activity by Helen Bray, Scott Chapman, Alister Myatt – This is the official student textbook aligned with the specification - L3 CTEC Sport