



Eastbrook School

KS3 Curriculum Summary – Physical Education

The information below gives an overview of the topics that your child will be studying in Physical Education during year 7, 8 and 9. It also outlines how you can support your child to enrich and extend their learning outside of school.

Year 7		
Autumn term	Spring term	Summer term
Topics and themes	Topics and themes	Topics and themes
<p>Pupils will be taught to use a range of tactics and strategies to overcome opponents in direct competition.</p> <p>Football/Handball/Netball</p> <p>Develop their technique and improve their performance in competitive sports.</p> <p>Badminton/Rugby</p>	<p>Pupils are taught how to analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.</p> <p>Trampolining/Table tennis/Football</p> <p>Pupils are taught to develop their technique and improve their performance in other competitive sports. Pupils will also be taught to perform dances using advanced dance techniques within a range of dance styles and forms</p> <p>Basketball/Athletics (Track)/Dance</p>	<p>Pupils will be taught to use a range of tactics and strategies to overcome opponents in direct competition.</p> <p>Athletics (Field)/Cricket</p> <p>Pupils will take part in outdoor and adventurous activities which present intellectual and physical challenges. Pupils are encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group.</p> <p>Handball/OAA/Rounders</p>
Useful Websites:	Useful Websites:	Useful Websites:
BBC Bitesize – PE YouTube – Sporting Action Professional Club Websites	BBC Bitesize – PE YouTube – Sporting Action Professional Club Websites	BBC Bitesize – PE YouTube – Sporting Action Professional Club Websites
Other ways to support learning:	Other ways to support learning:	Other ways to support learning:
<p>Pupils are encouraged to take part in competitive sports and activities outside school through community links or sports clubs.</p> <p>Learn the rules of each sport. Watch a live sporting event Watch sporting analysis</p>	<p>Pupils are encouraged to take part in competitive sports and activities outside school through community links or sports clubs.</p> <p>Learn the rules of each sport. Watch a live sporting event Watch sporting analysis</p>	<p>Pupils are encouraged to take part in competitive sports and activities outside school through community links or sports clubs.</p> <p>Learn the rules of each sport. Watch a live sporting event Watch sporting analysis</p>

Year 7 Achievement Summary – By the end of Year 7 students will:

Be equipped to build on the fundamental skills required taught during KS2 to perform at maximum levels in competitive games. Students will be equipped to use basic principles of attack and defence to plan strategies and tactics. They work on improving the quality of their basic skills using various techniques. In all activities, students will know how to use basic skills, basic strategies, and tactics to outwit their opponents. Reading is prioritised to allow pupils to access the full curriculum offer. The intent is for Year 7 students to be introduced to AO1 GCSE theory content through weekly GCSE focuses and questions to deepen their knowledge, understanding and application.

Knowledge:

- Students will be able to name some of the components of fitness.

- Students will be able to name some of the bones in the body with support.
- Students will be able to name some of the muscles in the body but will need support when locating them.
- Students will be able to use GCSE key words when describing and explain scientific sporting examples.

Application:

- Students will demonstrate the ability to carry out skills in isolation but with limited success in a game situation.
- Simple skills are performed with some control and fluency.
- Students select appropriate skills on some occasions.

Communication:

- Tactical awareness is restricted, and strategies are rarely applied.
- Students demonstrate a basic understanding and awareness of the rules of each sport.
- Students demonstrate a limited awareness for the safety of themselves and others.
- Students have a limited awareness of their strengths and weaknesses.
- Students have a limited ability to communicate with other players.

The year 8 and 9 curriculum has been adapted to account for lost learning time due to Covid 19. The principles agreed with Curriculum leaders and applied to these adaptations are depth over breadth and maximising student engagement

Year 8		
Autumn term	Spring term	Summer term
Topics and themes	Topics and themes	Topics and themes
<p>Pupils will be taught to use a range of tactics and strategies to overcome opponents in direct competition.</p> <p>Football/Handball/Netball</p> <p>Develop their technique and improve their performance in competitive sports.</p> <p>Badminton/Rugby</p>	<p>Pupils are taught how to analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.</p> <p>Trampolining/Table tennis/Football</p> <p>Pupils are taught to develop their technique and improve their performance in other competitive sports. Pupils will also be taught to perform dances using advanced dance techniques within a range of dance styles and forms</p> <p>Basketball/Athletics (Track)/Dance</p>	<p>Pupils will be taught to use a range of tactics and strategies to overcome opponents in direct competition.</p> <p>Athletics (Field)/Cricket</p> <p>Pupils learn how to move with the ball through dribbling, receiving, turning, and serving. Pupils learn how to perform the basic dribbling /serving movements with control.</p> <p>Handball/Tennis /Rounders</p>
Useful Websites:	Useful Websites:	Useful Websites:
BBC Bitesize – PE YouTube – Sporting Action Professional Club Websites	BBC Bitesize – PE YouTube – Sporting Action Professional Club Websites	BBC Bitesize – PE YouTube – Sporting Action Professional Club Websites
Other ways to support learning:	Other ways to support learning:	Other ways to support learning:
Pupils are encouraged to take part in competitive sports and activities outside school through community links or sports clubs. Learn the rules of each sport.	Pupils are encouraged to take part in competitive sports and activities outside school through community links or sports clubs. Learn the rules of each sport.	Pupils are encouraged to take part in competitive sports and activities outside school through community links or sports clubs. Learn the rules of each sport.

Watch a live sporting event Watch sporting analysis	Watch a live sporting event Watch sporting analysis	Watch a live sporting event Watch sporting analysis
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Year 8 Achievement Summary – By the end of Year 8 students will:

Be equipped to use more complex principles of attack and defence to plan strategies and tactics in competitive games. They will know how to work on improving the quality of their skills using various techniques. In all activities, students think about how to use skills, strategies, and tactics to outwit their opponents. This scheme of work will be an extension to the scheme of work undertaken in Year 7. Reading is prioritised to allow pupils to access the full curriculum offer. The intent is for year 8 students to be introduced to AO2 GCSE theory content through GCSE focuses and questions to deepen their knowledge, understanding and application.

Knowledge:

- Students understand the components fitness and how they are linked to the sporting activity.
- Students will be able to name and locate the major bones in the human body.
- Students will know and locate the major muscles in the human body.
- Students will be able to use GCSE key words when describing and explain scientific sporting examples.

Application:

- Students will demonstrate the ability to carry out skills in isolation and sometimes in a game situation.
- Skills are performed with some consistency with a good standard of accuracy, control, and fluency.
- Decision making is good, students selects appropriate skills on many occasions.

Communication:

- Students will have a sound understanding of what is tactically required from them.
- Students demonstrate a good understanding and awareness of the rules of each sport.
- Students demonstrate a good understanding for the safety of themselves and others.
- Students respond to the strengths and weaknesses of themselves.
- Students demonstrate a good ability to communicate tactics with other players.

Year 9		
Autumn term	Spring term	Summer term
Topics and themes	Topics and themes	Topics and themes
<p>Pupils will be taught to use a range of tactics and strategies to overcome opponents in direct competition.</p> <p>Football/Handball/Netball</p> <p>Develop their technique and improve their performance in competitive sports.</p> <p>Badminton/Rugby</p>	<p>Pupils are taught how to analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.</p> <p>Trampolining/Table tennis/Football</p> <p>Pupils are taught to develop their technique and improve their performance in other competitive sports. Pupils will also be taught to perform dances using advanced dance techniques within a range of dance styles and forms</p> <p>Basketball/Athletics (Track)/Dance</p>	<p>Pupils will be taught to use a range of tactics and strategies to overcome opponents in direct competition.</p> <p>Athletics (Field)/Cricket</p> <p>Pupils learn how to move with the ball through dribbling, receiving, turning, and serving. Pupils learn how to perform the basic dribbling /serving movements with control.</p> <p>Handball/Tennis /Rounders</p>
Useful Websites:	Useful Websites:	Useful Websites:

BBC Bitesize – PE YouTube – Sporting Action Professional Club Websites	BBC Bitesize – PE YouTube – Sporting Action Professional Club Websites	BBC Bitesize – PE YouTube – Sporting Action Professional Club Websites
Other ways to support learning:	Other ways to support learning:	Other ways to support learning:
Pupils are encouraged to take part in competitive sports and activities outside school through community links or sports clubs. Learn the rules of each sport. Watch a live sporting event Watch sporting analysis	Pupils are encouraged to take part in competitive sports and activities outside school through community links or sports clubs. Learn the rules of each sport. Watch a live sporting event Watch sporting analysis	Pupils are encouraged to take part in competitive sports and activities outside school through community links or sports clubs. Learn the rules of each sport. Watch a live sporting event Watch sporting analysis

Year 9 Achievement Summary – By the end of Year 9 students will:

Be equipped with core and advance skills as control, accuracy, and specific technique in several sports which can be transferred from drills to full competitive games. In year 9 it is used as a time for students to recap the skills and rules learnt in the previous years and to gain an understanding of how rules are applied to help with a game situation. Students will demonstrate an understanding of tactics and how they may be used to help outwit an opponent. Students will take on a wider variety of roles to develop their ability to evaluate and improve performance. Reading is prioritised to allow pupils to access the full curriculum offer. The intent is for year 9 students to be introduced to AO3 GCSE theory content through GCSE focuses and questions to deepen their knowledge, understanding and application.

Knowledge

- Students will be able to describe the relative importance of the components of fitness for physical activity.
- Students will be able to name and locate the major bones in the human body, as well as explain how the functions of the skeleton can be linked to sport.
- Students will be able to identify the major muscles responsible for movement, using sporting examples.
- Students will be able to use GCSE key words when describing and explain scientific sporting examples.

Application

- Students will demonstrate the ability to carry out skills in both isolation and in game situations.
- Skills are performed with consistency with an excellent standard of accuracy, control, and fluency.
- Decision making is excellent. Student selects appropriate skills on nearly all occasions.
- Students will be able to apply tactics in both individual and team games. They will be able to develop or change strategies depending on the opposition.

Communication

- Students demonstrate an excellent understanding and awareness of the rules of each sport.
- Students demonstrate an excellent regard for the safety.
- Students respond to the strengths and weaknesses of themselves and other players.
- Students demonstrate an excellent ability to communicate tactics and positional play with other players.

Achieving or exceeding the above constitutes Key Stage 4 readiness.



Eastbrook School

KS4 Curriculum Summary – Physical Education

The information below gives an overview of the topics that your child will be studying in Physical Education during years 10 and 11. It also outlines how you can support your child to enrich and extend their learning outside of school.

At the end of Year 11 the students will sit – **OCR / Physical Education OCR GCSE (9-1) / (J587)**

The year 11 curriculum has been adapted to account for lost learning time due to Covid 19. These adaptations are a response to the amended syllabus.

Year 10		
Autumn term	Spring term	Summer term
Topics and themes	Topics and themes	Topics and themes
<p>GCSE Theory Students will develop their knowledge and understanding of the components of fitness, including cardiovascular endurance, muscular endurance, speed, strength, flexibility, and agility. Learners will be able to define each component and be able to apply using a range of practical examples from physical activities and sports.</p> <ul style="list-style-type: none"> • Components of fitness • Applying the principles of training • Preventing injury in physical activity and training <p>AEP task Analyse the importance of the different components of fitness for the activity. Students will produce a fully justified analysis of the importance of the different components of fitness for their chosen activity.</p> <p>Practical</p> <ul style="list-style-type: none"> • Fitness test • Netball • Handball 	<p>GCSE Theory Students will develop knowledge on physical factors affecting performance, introduces and explores some of the physical factors which underpin participation and performance in physical activities and sports.</p> <ul style="list-style-type: none"> • Sports psychology • NEA – AEP <p>AEP task Students give an accurate overview of all the key skills required for their chosen activity</p> <p>Practical</p> <ul style="list-style-type: none"> • Trampoline • Table tennis • Football 	<p>GCSE Theory Students will be able to name and locate the major bones of the body and be able to apply examples of how the skeletal system allows the functions such as posture and protection. Students will develop their knowledge and understanding of the structure and function of the cardiovascular system and respiratory system. Blood vessels and blood cells with their pathway through the heart will be understood along with definitions of key cardiac terms.</p> <ul style="list-style-type: none"> • Applied anatomy • Applied physiology • NEA – AEP <p>AEP task Students give a movement analysis and classification of skills in detailed and accurate produce a detailed and accurate action plan containing</p> <p>Practical</p> <ul style="list-style-type: none"> • Athletics • Netball • Football

<p>Cambridge National Sport Science Theory</p> <p>Students will develop their knowledge and understanding of the components of fitness, including cardiovascular endurance, muscular endurance, speed, strength, flexibility, and agility. Learners will be able to define each component and be able to apply using a range of practical examples from physical activities and sports.</p> <ul style="list-style-type: none"> • Components of fitness • Applying the principles of training <p>Assessed Units</p> <p>Students will complete the assessed tasks which form as part of the R042 internally assessed unit. Students will demonstrate their understanding of the principles of training and how they can be applied to fitness training programmes.</p> <p>Practical</p> <ul style="list-style-type: none"> • Fitness Tests 	<p>Cambridge National Sport Science Theory</p> <p>Students will develop their knowledge and understanding of risks of sports injuries, including how to reduce injuries, how to respond medically to injuries and common medical issues that can be found in sport settings. Learners will be able to explain and analyse how to prepare performers for taking part in physical activity.</p> <p>Assessed Units</p> <p>Students will work towards the mandatory exam as part of R041 externally assessed unit. This exam will be worth 60 marks and students are required to demonstrate their understanding of reducing the risk of sports injuries.</p> <p>Practical</p> <ul style="list-style-type: none"> • Practical activities to link to reducing injuries. 	<p>Cambridge National Sport Science Theory</p> <p>Students will begin to develop their understanding of how the body responds to physical activity. Learners will be able to identify and define each component of the musculo-skeletal system and explain its functions and roles. Learners will be able to identify key types of movements and apply them to different sporting examples.</p> <p>Assessed Units</p> <p>Students will work towards completing the learning outcomes which form an optional unit – R043. Students will demonstrate their understanding of the key components of the musculo-skeletal system and the role it plays in producing movement.</p> <p>Practical</p> <ul style="list-style-type: none"> • Athletics • Netball
Useful Websites:	Useful Websites:	Useful Websites:
<p>The EverLearner learning site BBC Bitesize – PE YouTube – Sporting Action OCR – Past papers</p>	<p>The EverLearner learning site BBC Bitesize – PE YouTube – Sporting Action OCR – Past papers</p>	<p>The EverLearner learning site BBC Bitesize – PE YouTube – Sporting Action OCR – Past papers</p>
Other ways to support learning:	Other ways to support learning:	Other ways to support learning:
<p>GCP OCR – The revision guide GCP OCR – Exam practice workbook GCP OCR – Revision question cards Learn the rules of each sport Watch a live sporting event Watch sporting analysis on TV</p>	<p>GCP OCR – The revision guide GCP OCR – Exam practice workbook GCP OCR – Revision question cards Learn the rules of each sport Watch a live sporting event Watch sporting analysis on TV</p>	<p>GCP OCR – The revision guide GCP OCR – Exam practice workbook GCP OCR – Revision question cards Learn the rules of each sport Watch a live sporting event Watch sporting analysis on TV</p>

Year 10 Achievement Summary – By the end of Year 10 students will:

Be equip with the knowledge, understanding, skills and values to develop and maintain their performance in physical activities and understand the benefits to health, fitness, and well-being. By the end of year 10 students will:

- Developed their theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance.
- Understand how the physiological and psychological state affects performance in physical activity and sport
- Perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies, and/ or compositional ideas.
- Develop their ability to analyse and evaluate to improve performance in physical activity and sport.

Students will be equipped to develop their accurate replication of individual skills and transfer these into a game situation. Develop their skills and tactics to enable students to perform in relation to the GCSE assessment criteria. Students will be equipped with developing core skills and advanced skills and apply them in game situations to outwit opponents. Students will be equipped to create new defensive and attacking strategies to improve their team

performance. Pupils should be able to recognise the importance of responding to changing situations within the game in attack and defence.

Year 11		
Autumn term	Spring term	Summer term
Topics and themes	Topics and themes	Topics and themes
<p>Theory Students will develop their knowledge of socio-cultural influences that impact on participation and performance in physical activities and sports. They will develop their knowledge and understanding of how sport impacts on society. Engagement patterns of different social groups will be understood by learners. The commercialisation of physical activities and sports will be understood, including the influences of sponsorship and the media. Learners will also develop their knowledge and understanding of ethical and socio-cultural issues in physical activities and sports.</p> <p>Students will develop their knowledge and understanding of sports psychology theories related to acquiring movement skills and optimising performance. Learners will be able to reflect on their own learning and performance of physical activities and sports skills to recognise the key psychological concepts affecting performance</p> <ul style="list-style-type: none"> • Socio-cultural influences • Sports psychology • (Recap) Physical training <p>AEP task</p> <p>Practical</p>	<p>Theory Students will develop their knowledge and understanding of the benefits of participating in physical activities and sports to their health, fitness, and well-being. The physical, emotional, and social aspects will be understood as well as the consequences of a sedentary lifestyle. Learners will also develop their knowledge and understanding of energy use along with diet, nutrition, and hydration.</p> <p>Students will be able to name and locate the major bones of the body and be able to apply examples of how the skeletal system allows the functions such as posture and protection. Students will develop their knowledge and understanding of the structure and function of the cardiovascular system and respiratory system. Blood vessels and blood cells with their pathway through the heart will be understood along with definitions of key cardiac terms.</p> <ul style="list-style-type: none"> • Health, fitness, well being • (Recap) Applied anatomy • (Recap) Applied physiology <p>AEP task</p> <p>Practical</p>	<p>Theory Students will develop their exam technique through completing AO1, AO2 and AO3 exam questions during school and home learning.</p> <p>Students will be exposed to OCR GCSE PE past papers.</p> <p>Students will be exposed to exam reports to reflect and improve.</p> <ul style="list-style-type: none"> • Exam preparation
Useful Websites:	Useful Websites:	Useful Websites:
EverLearner learning site BBC Bitesize – PE YouTube – Sporting Action OCR – Past papers	EverLearner learning site BBC Bitesize – PE YouTube – Sporting Action OCR – Past papers	EverLearner learning site BBC Bitesize – PE YouTube – Sporting Action OCR – Past papers
Other ways to support learning:	Other ways to support learning:	Other ways to support learning:
GCP OCR – The revision guide GCP OCR – Exam practice workbook GCP OCR – Revision question cards Learn the rules of each sport Watch a live sporting event Watch sporting analysis on TV	GCP OCR – The revision guide GCP OCR – Exam practice workbook GCP OCR – Revision question cards Learn the rules of each sport Watch a live sporting event Watch sporting analysis on TV	GCP OCR – The revision guide GCP OCR – Exam practice workbook GCP OCR – Revision question cards Learn the rules of each sport Watch a live sporting event Watch sporting analysis on TV

Year 11 Achievement Summary – By the end of Year 11 students will:

Be equip with the knowledge, understanding, skills and values to develop and maintain their performance in physical activities and understand the benefits to health, fitness, and well-being. By the end of year 11 students will:

- Developed their theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance.
- Understand how the physiological and psychological state affects performance in physical activity and sport.
- Perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies, and/ or compositional ideas.
- Develop their ability to analyse and evaluate to improve performance in physical activity and sport.
- Understand the contribution which physical activity and sport make to health, fitness, and well-being.
- Understand key socio-cultural influences which can affect people’s involvement in physical activity and sport.

Students will be equipped with knowledge and understanding of data analysis in relation to key areas of physical activities and sports. Students should be able to:

- Demonstrate an understanding of how data are collected – both qualitative and quantitative.
- Present data, including graphs and tables.
- Analyse and evaluate data, including graphs and tables.

Students will be equipped to develop their accurate replication of individual skills and transfer these into a game situation. Develop their skills and tactics to enable students to perform in relation to the GCSE assessment criteria. Students will be equipped with developing core skills and advanced skills and apply them in game situations to outwit opponents. Students will be equipped to create new defensive and attacking strategies to improve their team performance. Pupils should be able to recognise the importance of responding to changing situations within the game in attack and defence.

Eastbrook School



KS5 Curriculum Summary – Physical Education

The information below gives an overview of the topics that your child will be studying in Sport and Exercise Science during years 12 and 13. It also outlines how you can support your child to enrich and extend their learning outside of school.

Year 12		
Autumn term	Spring term	Summer term
Topics and themes	Topics and themes	Topics and themes
<p>UNIT 1 – Anatomy and physiology Skeletal System</p> <p>This unit explains how the body is made up of a number of different systems, how these systems interact and work together, and why they are important to sports performances.</p> <ul style="list-style-type: none"> • Structure of skeletal System • Function of Skeletal system • Types of bones • Ossification 	<p>UNIT 1 – Anatomy and physiology Skeletal System</p> <p>This unit explains how the body is made up of a number of different systems, how these systems interact and work together, and why they are important to sports performances.</p> <ul style="list-style-type: none"> • Muscle Types • Location of muscles • Origin insertion • Antagonistic pairs 	<p>UNIT 1 – Anatomy and physiology Skeletal System</p> <p>This unit explains how the body is made up of a number of different systems, how these systems interact and work together, and why they are important to sports performances.</p> <p>UNIT 1 - Anatomy and physiology Respiratory system</p> <ul style="list-style-type: none"> • Structure of system • Function of system

<ul style="list-style-type: none"> • Joints • Response to a single sport • Adaptations • Factors of skeletal system <p>UNIT 4 – Sports leadership</p> <p>This unit explains the principles of leadership and how it must be applied to maintain safety, and to motivate and develop personal relationships.</p> <ul style="list-style-type: none"> • Evaluate the impact of skills, qualities, characteristics on sports leadership within different sport and exercise activities or environments. 	<ul style="list-style-type: none"> • Types of contraction • Fibre types • Responses to exercise • Adaptations of exercise <p>Energy System</p> <ul style="list-style-type: none"> • Intro into energy systems • The role of ATP • ATP –pc system • Lactic acid system • The aerobic system • Energy System in combination <p>UNIT 4 – Sports leadership</p> <p>This unit explains the principles of leadership and how it must be applied to maintain safety, and to motivate and develop personal relationships.</p> <ul style="list-style-type: none"> • Evaluate the impact of key psychology factors on sports leadership within different sport and exercise activities or environments. 	<ul style="list-style-type: none"> • Lung Volumes • Control of breathing • Responses to exercise • Adaptations of exercise <p>Cardiovascular System</p> <ul style="list-style-type: none"> • Structure of cardiovascular system • Structure of cardiovascular system continued • Function of cardiovascular system • Nervous control • Responses of cardiovascular system • Adaptations of cardiovascular system • Additional factors <p>UNIT 4 – Sports leadership</p> <p>This unit explains the principles of leadership and how it must be applied to maintain safety, and to motivate and develop personal relationships.</p> <ul style="list-style-type: none"> • Justify your leadership style and its impact on team performance, suggesting alternative leadership styles that could be used to improve team performance.
Useful websites	Useful websites	Useful websites
Humankentics.com Sportsci.org EverLearner learning site BBC Bitesize – PE YouTube – Sporting Action	Humankentics.com Sportsci.org EverLearner learning site BBC Bitesize – PE YouTube – Sporting Action	Humankentics.com Sportsci.org EverLearner learning site BBC Bitesize – PE YouTube – Sporting Action
Other ways to support learning	Other ways to support learning	Other ways to support learning
BTEC National Sport Student book Learn the rules of each sport Watch a live sporting event Watch sporting analysis on TV	BTEC National Sport Student book Learn the rules of each sport Watch a live sporting event Watch sporting analysis on TV	BTEC National Sport Student book Learn the rules of each sport Watch a live sporting event Watch sporting analysis on TV

Year 12 Achievement Summary – By the end of Year 12 students will:

Students will be able to explain how body systems interact and work together and why they are important for sports performance. Students will be able to make connections between body systems in response to short term and long-term exercise and sport participation. In addition to this make connections between muscular and all other systems, cardiovascular, respiratory, and energy. Students will be able to demonstrate knowledge and understanding of the effects of lifestyle choices on an individual health and wellbeing and be able to develop a fitness training programme with appropriate justification.

Year 13		
Autumn term	Spring term	Summer term
Topics and themes	Topics and themes	Topics and themes

<p>UNIT 3 – Professional development in the sports industry</p> <p>This unit explains all the different opportunities available in the sports market and the different career development steps you will need to follow to reach a chosen goal.</p> <ul style="list-style-type: none"> • Understand how own skills audit outcomes, and development action plan, align to chosen career pathway based on a comprehensive knowledge and understanding of a career. <p>UNIT 4 – Sports leadership</p> <p>This unit explains the principles of leadership and how it must be applied to maintain safety, and to motivate and develop personal relationships.</p> <ul style="list-style-type: none"> • Evaluate the impact of skills, qualities, characteristics on sports leadership within different sport and exercise activities or environments. 	<p>UNIT 3 – Professional development in the sports industry</p> <p>This unit explains all the different opportunities available in the sports market and the different career development steps you will need to follow to reach a chosen goal.</p> <ul style="list-style-type: none"> • Demonstrate individual responsibility and effective self-management during the recruitment activity. <p>UNIT 4 – Sports leadership</p> <p>This unit explains the principles of leadership and how it must be applied to maintain safety, and to motivate and develop personal relationships.</p> <ul style="list-style-type: none"> • Evaluate the impact of key psychology factors on sports leadership within different sport and exercise activities or environments. 	<p>UNIT 3 – Professional development in the sports industry</p> <p>This unit explains all the different opportunities available in the sports market and the different career development steps you will need to follow to reach a chosen goal.</p> <ul style="list-style-type: none"> • Evaluate how well the document prepared, and own performance in the interview activities, supported the process for accessing the selected career pathway. <p>UNIT 4 – Sports leadership</p> <p>This unit explains the principles of leadership and how it must be applied to maintain safety, and to motivate and develop personal relationships.</p> <ul style="list-style-type: none"> • Justify your leadership style and its impact on team performance, suggesting alternative leadership styles that could be used to improve team performance
<p>Useful websites</p>	<p>Useful websites</p>	<p>Useful websites</p>
<p>UKsport.gov.uk/jobs-in-sport Caeersinsport.co.uk EverLearner learning site BBC Bitesize – PE YouTube – Sporting Action</p>	<p>UKsport.gov.uk/jobs-in-sport Caeersinsport.co.uk EverLearner learning site BBC Bitesize – PE YouTube – Sporting Action</p>	<p>UKsport.gov.uk/jobs-in-sport Caeersinsport.co.uk EverLearner learning site BBC Bitesize – PE YouTube – Sporting Action</p>
<p>Other ways to support learning</p>	<p>Other ways to support learning</p>	<p>Other ways to support learning</p>
<p>BTEC National Sport Student book Learn the rules of each sport Watch a live sporting event Watch sporting analysis on TV</p>	<p>BTEC National Sport Student book Learn the rules of each sport Watch a live sporting event Watch sporting analysis on TV</p>	<p>BTEC National Sport Student book Learn the rules of each sport Watch a live sporting event Watch sporting analysis on TV</p>