

My Sports Science Journey



KINGSBURY GREEN
ACADEMY

Extended
Certificate

Extended
Certificate

Unit 1 Body Systems and the effects of exercise	Unit 2 Sports Coaching and Activity Leadership	Unit 3 Sports organisation and Development	Unit 18 Sport and Exercise Psychology	Unit 19 Practical Skills in Sport and Physical Activities
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Diploma

Diploma

Unit 4 Working Safely in Sport	Unit 5 Performance Analysis	Unit 8 Organisation of Sports Events	Unit 13 Health and Fitness Testing	Unit 17 Sports Injuries
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LO1 – LO5: Types of
Injuries and Rehabilitation

LO1 – LO5: How to test and train

Sports Injuries

Health and Fitness Testing

Practical Skills in Sport and Physical Activities

Post 18
Destinations

Apprenticeship

University

Employment

Professional H & C Routes



January
Exam
Unit 3

LO1 – LO5:
Sporting
Employment
practices



LO1 – LO4: Team and
individual sports and
refereeing



Working Safely in Sport

Sports Organisation & Development

Sport Exercise Psychology

YEAR
13

LO1 – LO4: NGB's, finances and Olympics

LO1 – LO5: Personality, motivation,
Aggression and Attribution theory

REVIS

June
EXAM
Unit 1



Extended: 9 hours = 1
A Level
Diploma: 18 hours = 2
A levels

KS5 – Sport and Physical Activity – OCR Cambridge Technical

YEAR
12

Organisation of Sports Events

Performance Analysis

Sport Coaching and Activity Leadership

Body Systems and the Effects of Physical Activity

LO1 – LO7: Coaching and Leadership

LO1 – LO5:
Muscles,
Skeleton, Cardio, energy
and respiratory systems



June
EXAM
Unit 3

LO4: The role NGB's
play in the
development of their
sport

LO3: The implications of
hosting a major sporting
event



LO3:
Negative effects of
the media in sport

Examination unit – Contemporary Issues in Sport

LO5: The use of
technology in Sport

LO2: The role of
sport in
promoting values

LO1: Issues which affect
participation in sport

5 additional lessons a
fortnight Course is
worth equivalent to 1
GCSE

KS4 – Sports Studies – OCR Cambridge National

LO3: Organising and planning a
sports session

LO5: Reviewing your own
performance in planning and leading

LO2: Positive
effects of the
media in sport

Sport
and the
Media

YEAR
10

Unit 1

Performance and Leadership in Sport

Unit 2

LO1:
The different sources of
media that cover sport

LO1:
Key Components
of Performance

LO2: Applying practise methods

LO4: Leading a sports activity session



Unit 1
Performance and Leadership in Sport

Unit 2
Sport and the Media

Unit 3
Contemporary Issues in Sport

CAM NAT

CAM NAT

