Level 1 Introductory Award/Certificate in Sport Curriculum Map: KS4

Wording taken from Pearson's Course Specification
This map shows the units covered over the duration of two years. They may be completed in any order.

Unit SP5 How exercise affects the body

LEARNING AIMS

A - Carry out tests to measure the effects of exercise on the body
B - Manage information and communicate test results

LESSON ACTIVITIES

- Learn how the body responds to different exercise and activities
- Carry out simple and complex tests
- Learn about the muscular, respiratory, cardiovascular and skeletal systems
- Know how to record and present information to others

END OF UNIT ASSESSMENT

Students will carry out at least three different fitness tests, collect, and interpret the results.

You will discuss key observations from the results and present in a table or chart

Unit A2 Developing a personal progression plan

LEARNING AIMS

A - Explore the skills and behaviours needed to meet personal progression goal
B - Produce a progression plan to meet intended progression goal

LESSON ACTIVITIES

- Learn about progression opportunities available
- Identify their own skills
- Learn about appropriate attitudes and behaviours and how to develop these
- Set simple goals
- Match skills and behaviours to progression opportunities

END OF UNIT ASSESSMENT

You will research progression opportunities, outline skills and behaviours needed for that goal. You will produce a progression plan, identifying key areas you need to develop in order to meet your progression goal.

Unit SP7 Playing sport

LEARNING AIMS

A - Show skills and techniques in sport
B - Review own performance when playing sport to improve skills and techniques

LESSON ACTIVITIES

- Develop skills and techniques required in selected sports
- Develop skills for attack and defence
- Learn the components of skills and use them in isolated, conditioned and competitive situations
- Observe and review their own performance
- Learn the rules and regulations of different sports

END OF UNIT ASSESSMENT

You will demonstrate at least two skills and techniques from a selected sport.

You will identify strengths and areas of improvement from videoed footage

Unit A1 Being organised

LEARNING AIMS

A - Explore techniques to improve own organisational skills
B - Review the use of techniques to improve own organisational skills

LESSON ACTIVITIES

Students will...

- Develop ability to prioritise tasks
- Learn how to plan their time
- Learn how to use devices to help with organisation
- Learn how to use various planners to organise their time

END OF UNIT ASSESSMENT

You will produce a two-four week planner identifying times that are for lessons, work, and sport and leisure activities. Demonstrate how you are going to organise yourself to ensure you meet the deadlines

Unit SP9 Assisting in a sports activity

LEARNING AIMS

A - Assist in the delivery of a sports activity, showing a positive attitude
B - Review own performance after delivering a sports activity

LESSON ACTIVITIES

- Learn about the qualities of a sports leader
- Learn about different activities that can be included in sessions
- Assist in planning, preparing and delivering an activity

END OF UNIT ASSESSMENT

You will assist your tutor in the delivery of a sports activity. You will produce a reflective log discussing your strengths and areas for improvement