

# OCR Technical Sport Curriculum Plan



<b>JSM</b> Body Systems and the Effects of Physical Activity		<b>NMO</b> Body Systems and the Effects of Physical Activity		<b>NMY</b> Sports Coaching and Activity Leadership	
<b>WEEKS</b>				<b>WEEKS</b>	
1 - 3	Skeletal System	1-8	The Cardiovascular System  The Respiratory System  Recap Above	1-3	Know the roles and responsibilities of sports coaches and activity leaders
4 - 6	Skeletal System			4-6	Understand principles which underpin coaching and leading
7 - 8	Muscular System			7-8	Be able to use methods to improve skills, techniques and tactics in sport
9	<b>KEY PIECE A</b>				
10	<b>Close the Gap</b>				
11 - 13	Muscular System	11-13	Energy Systems	11-13	Be able to plan sports and activity sessions
14 - 16	Energy Systems	14-16	Energy Systems	14-16	Be able to prepare sports and activity environments
17 - 19	Energy Systems	17-19	Revision	17-19	Be able to deliver sports and activity sessions
20	<b>KEY PIECE B</b>				
21	<b>Close the Gap</b>				
23 - 25		26-27			

	Two options- Either Recap above topics or start Sports Organisation and Development		Two options- Either Recap above topics or start Sports Organisation and Development		Be able to review sports and activity sessions
26 - 27	As Above	28-29	As Above		Sports Coaching and Activity Leadership- On going all year
28 - 29	As Above	30-31	As Above		As Above
30 - 31	As Above	32-34	As Above		As Above
32 - 34	As Above	37 - 39	As Above		As Above
35	Summer Exam- Body Systems and the Effects of Physical Activity				
36	Close the Gap				
37 - 39	Start Yr 13 Work		Start Yr 13 Work	37 - 39	Start Yr 13 Work