

Option Subject WJEC Vocational Award in Sport and Coaching Principles (Technical Award)

Year 10

Unit 2 Improving Sporting Performance

Topic areas

- Factors affecting sporting performance
- Analysis of sporting performance

Unit 3 Coaching Principles

Topic areas

- Knowledge of the skills and responsibilities of a sports coach
- Understanding the coaching process
- How to coach
- Reviewing coaching performance

Year 11

Unit 3 Coaching Principles Continued

Topic areas

- Knowledge of the skills and responsibilities of a sports coach
- Understanding the coaching process
- How to coach
- Reviewing coaching performance

Unit 1 Fitness for Sport

Topic areas

- Structure, functions and adaptations to the body's systems in relation to sport, exercise and physical activity.
- The importance of the components of fitness for different physical activities.
- The role of training in achieving improvements in fitness.

Assessment

Year 10

Unit 2 Improving Sporting Performance

Controlled assessment approximately 4 hours

25% of the qualification

Unit 3 Coaching Principles

Curriculum delivery and the **first part of a Controlled assessment** approximately 6 hours

35% of the qualification

Year 11

Unit 3 Coaching Principles

Completion of curriculum delivery and the **final part of a Controlled assessment** approximately 6 hours

35% of the qualification

Unit 1 Fitness for Sport

Written examination: 1 hour 20 minutes

40% of qualification

Year 10 Core Curriculum

Year 10 students are given the opportunity to design their own PE programme for the year, following set criteria to ensure a balance curriculum. Each PE class is allocated a facility, as a group they select an activity appropriate for the facility, time of the year and the groups personal interests. Throughout their PE programme students focus on developing and refining a variety of physical and leadership skills. During the year students are expected to adopt different roles such as captain, skill coach, fitness coach, umpire/referee and scorer building on various other skills linked closely to the KS3 LIFE programme, including sportsmanship, teamwork, organisation etc.

Year 11 Core Curriculum

Students will opt into a variety of physical activities. These will change every half term to ensure all students have access to a wide range of physical activities. Students continue to build on refining their physical skills, maintaining/increasing fitness, leadership and organisational skills to lead other students.

Those Year 11 students who opt into The Wilnecote School Sports Leadership Award Students complete the following units:

1. Plan, lead and review a Sport/Activity
2. Develop Leadership Skills
3. Lead activities that promote a healthy lifestyle
4. Fair Play in Sport
5. The roles of the sports official
6. Opportunities in Sport and Recreation
7. Demonstration of Leadership skills in sport

Students are also assessed on the following values (again linked to KS3 LIFE programme)

The focus for KS4 core PE Options is for students to find several sports or physical activity they will continue to participate in when they leave The Wilnecote School and into their adult life.

Year 10 Core PE Assessment

Year 10 - Assessment is informal but on-going. Based entirely on the individual performance and application to each lesson. Students receive feedback to increase skills and

Year 11 Core PE Assessment

Year 11 - Assessment is informal but on-going. Those students who opt to complete The Wilnecote Sports Leadership Award Students are assessed by PE staff and have the opportunity to lead younger students in a multi sports festival.

Please remove the Core PE Options column... it is no longer required as the information is in the second column.