

# PE – KS4 OPTIONS

- OCR SPORTS SCIENCE – Develops knowledge, understanding and practical skills that can be used in the Exercise, Physical Activity, Sport and Health sector.



- This course is for students who are interested in learning through a combination of both theory and practical lessons.
- Will help to develop learning and skills such as –
- Completing research
- Planning training programmes
- Leadership skills
- Practical activities
- Healthy living and lifestyle



# Course content – 60% coursework and 40% exam unit.

- **Exam unit** – Reducing the risk of injury in sporting situations
- **Course work units** –
  - Applying the principles of training: fitness and how it affects skill performance
  - The body's response to physical activity and how technology informs this.



## Expectations – you are suited to this course if you meet the following criteria

- SPORTS CLUBS - Represent the school in a sports club or any outside sports club – this will help with your knowledge in the subject
- POSITIVE ATTITUDE / EFFORT - You should maintain effort levels in all class and homework
- LEADING OTHERS - You should have an interest in being able to lead others in a sports activity
- ANALYSING SPORTS PERFORMANCE You should have an interest in being able to analyse your own and others performance in a variety of sports
- ORGANISED There are 10 pieces of coursework to complete, so you must meet deadlines and attempt all assessment tasks

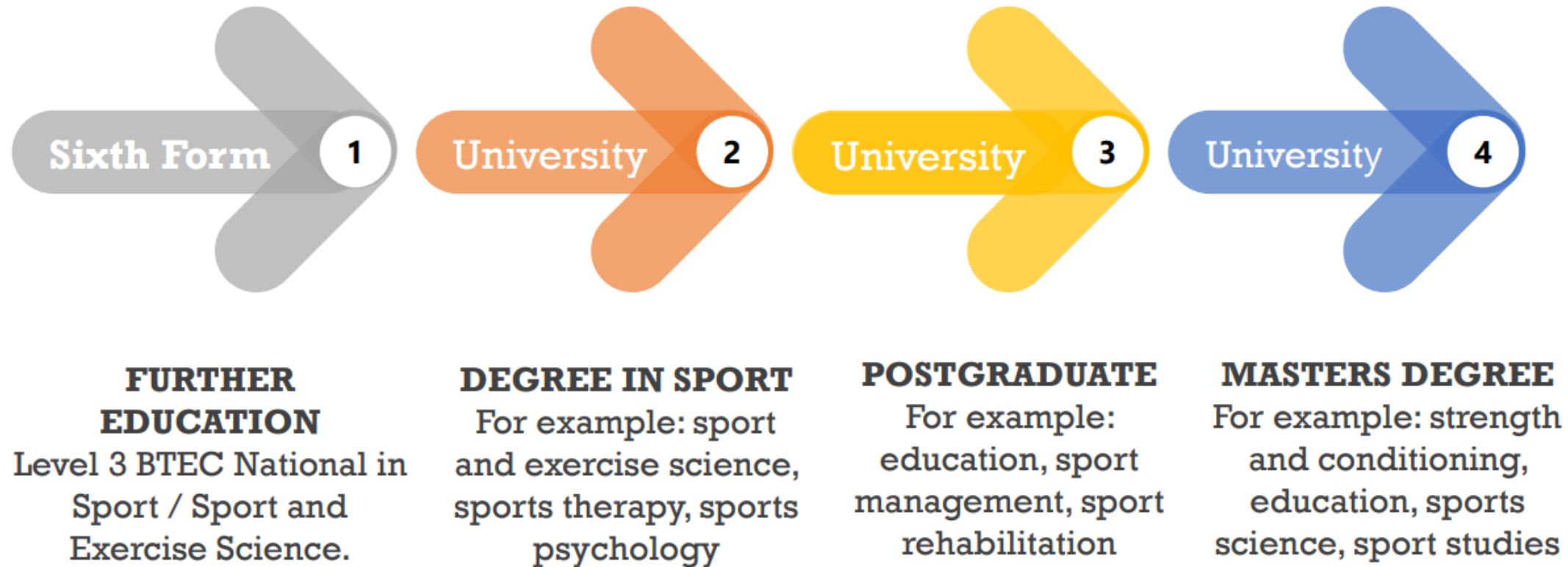


# EMPLOYABILITY SKILLS

- **COMMUNICATION** You will continue to develop your ability to produce clearly structured written work, as well as verbal communication with others
- **PROBLEM SOLVING** You will develop the ability to analyse circumstances and apply creative thinking to develop solutions
- **TEAMWORK** You will develop the ability to contribute to class discussion, be able to negotiate / persuade others, as well as respect them
- **SELF-MANAGEMENT** You will develop readiness to improve your own performance , accepting responsibility for your learning



# SPORT AND FURTHER EDUCATION



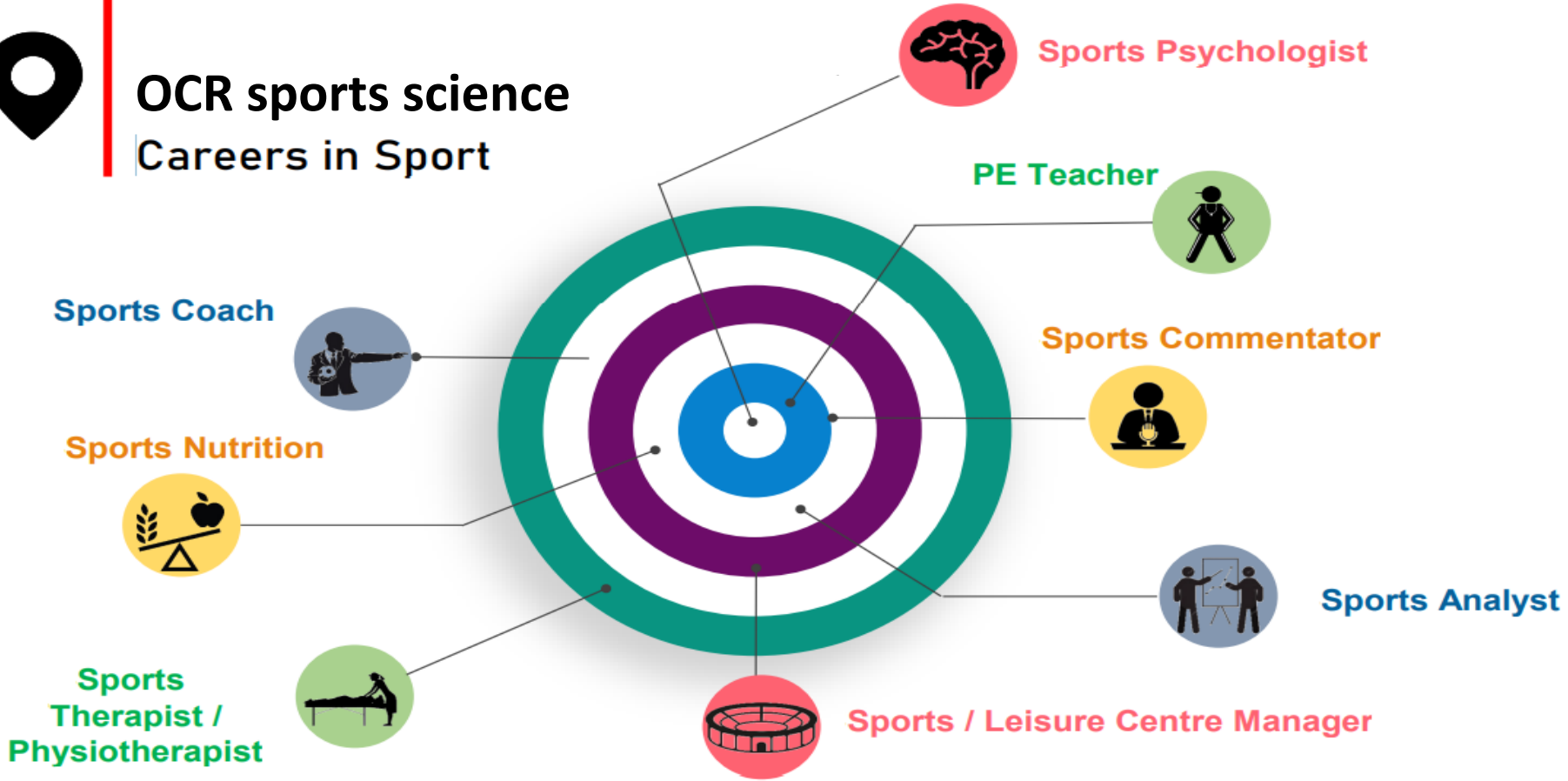
**BARKING ABBEY SCHOOL**

SPECIALIST SPORTS AND HUMANITIES COLLEGE

# SPORT AND FURTHER EDUCATION



**OCR sports science**  
**Careers in Sport**



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# OCR SPORT SCIENCE AND FURTHER EDUCATION

## Student Profiles



**Further Education**  
Barking Abbey School  
Level 3 Diploma in Sport  
and Exercise Science  
**Higher Education**  
St Mary's University  
BSc (Hons) Sports  
Science  
University of East London  
PGCE (Education)

PE TEACHER



**Further Education**  
Barking Abbey School  
Level 3 Diploma in Sport  
and Exercise Science  
**Higher Education**  
Bath University  
BSc Sport and Exercise  
Science

PROFESSIONAL  
ATHLETE



**Further Education**  
Barking Abbey School  
Level 3 Diploma in Sport  
and Exercise Science  
**Higher Education**  
University of  
Hertfordshire  
BSc (Hons) Sports  
Therapy

SPORTS THERAPIST



**Further Education**  
Barking Abbey School  
Level 3 Diploma in  
Sport and Exercise  
Science

PROFESSIONAL  
ATHLETE



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