



Woolwich Polytechnic  
Sixth Form

# Sport & Physical Activity

A course for the curious, sporty, hardworking and vocationally minded. Great to take alongside A Levels and other BTEC or Cambridge Technical.

## Course Content - 5 units are studied

Year 12

Unit 1 – Body Systems and the effects of Physical Activity (Exam) 90 GLH

Unit 2 – Sports Coaching and Activity Leadership (Coursework) 90GLH

\*These Units together are the A/5 equivalent so if students leave us at the end of the year and pass, they can still take away this qualification.

## Year 13

Unit 17: Sports injuries and rehabilitation (60glh) – completed in year 13.

Unit 8 - Organisation of Sports Events (Coursework) 60GLH

Unit 3 – Sports Organisation and Development (Exam) 60 GLH

\*Students get two attempts on the exam modules taking their best grade.

Unit 1 – Summer Exam of Year 12 – Attempt two - May of Year 13

Unit 3 – January of Year 13 – Attempt two will be May of Year 13

## How will I be assessed?

2 main exams – worth 40% // 3 Coursework units – worth 60%

An external moderator visits the school to sign off all coursework

## Which awarding body is the course validated by?

OCR Cambridge Technical

## What qualification will I receive?

Cambridge Technical Level 3 extended certificate – worth equivalent of 1 A level

## Entry Requirements

GCSE English Grade 5 and Maths Grade 5

## How will I learn?

The Sport and Physical Activity qualification has been designed with refreshing and exciting content that is up to date, engaging and has a good balance of theoretical understand coupled with practical ability of the world of sport. The course is designed to develop knowledge, understanding and essential skills of Sport and Physical Activity.

All three centre assessed units are a combination of practical that will be planned and evidenced through coursework and collated on moviemaker for evidence. Unit 2 is focused around you being a sports leader and coach, Unit 8 is organising and running sporting events with Unit 18 a practical unit looking at your ability in an individual and a team sport as well as being an official; and taking part in outdoor activities. The exam units have different focus with one on Sport Science and the other on Sports Development.

## What can I do with this qualification?

(ie. University courses and potential career paths)

Designed for learners who are interested in learning about the sector alongside other fields of study, with a view to progressing to a wide range of higher education courses, not necessarily just the world of Sport and Physical Activity. The course is also recognised at a good pathway into sports leadership, development and coaching. To be taken as part of a programme of study that includes other appropriate BTEC or Cambridge Technical or A Levels.

