



Longridge High School

Curriculum Intent Sport Studies



THE BAY
LEARNING TRUST

1. Vision & Purpose

- PE is integral to life and will equip pupils with not just physical skills, but the mindset of wellbeing, resilience, teamwork, and personal responsibility. At Longridge it is our aim to promote lifelong physical activity in our pupils by embedding habits that support physical, mental, and emotional wellbeing.
- Sport Studies aims to foster physical health, wellbeing, teamwork, and personal confidence.
- Pupils will not only develop sporting skills and fitness, but also learn values such as resilience, leadership, respect, and fair play, preparing them for a healthy lifestyle beyond school.

2. Ambition for All Learners

- For pupils that opt for KS4 Sports Studies, we ensure that all pupils, regardless of sporting background or physical ability, are supported to achieve well on the course.
- We ensure that there is support provided for SEND or less confident pupils, ensuring modified / differentiated provision where needed.

3. Knowledge & Skills Development

- Pupils will develop core physical skills: agility, balance, coordination, stamina, strength, and sport-specific technique.
- Learn rules, tactics, strategy, and sportsmanship across different sports (football, badminton, dance, netball, basketball, athletics etc.).
- Understanding of health, fitness, nutrition, mental wellbeing, injury prevention.
- Development of teamwork, leadership skills, and ability to self-evaluate performance (e.g. through peer feedback, reflections).
- Sport Studies teaches contemporary issues in sport, practical performance and leadership, alongside increasing awareness of outdoor and adventurous activities.

4. Sequencing & Progression

- Pupils will already have received a broad exposure to many sports at KS3, and Sport Studies continues to build on their prior knowledge with more complex tactics, theory and technical aspects.
- Sport Studies builds transferable skills: leadership, communication, analysis. It is structured to blend practical performance, theoretical understanding, and vocational relevance—making it ideal for learners who thrive through applied learning.

5. Literacy, Oracy & Vocabulary

- Use of sports-specific vocabulary (e.g. offensive/defensive, tactics, technique, physiology terms, ethics, and funding terminology) taught explicitly.
- Encouraging pupils to explain tactics / reflect on performance verbally in class and in written work where relevant.
- Use of strategy discussion, teamwork talk, peer critique to build communication skills.

6. Enrichment & Cultural Capital

- There is no requirement to play sport outside of school. There is a large focus on sport leadership rather than broad participation. However, we encourage all pupils to participate in one or more of the wide range of sports on offer throughout the school.
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7. Cross-Curricular Links & Real-World Relevance

- Sports Studies prepares learners for further study in sport, coaching, or health sciences.

8. Safeguarding & Online Safety

- Ensuring that pupils are aware of safe practices in sport: warm-ups, safe use of equipment, injury prevention.
- Contemporary Issues in Sport unit explores abuse in sport (e.g. bullying, harassment, discrimination.)
- Role of National Governing Bodies (NGBs) in promoting safe sport.

9. Assessment & Impact

- Ongoing formative assessment in Sport Studies lessons with feedback for improvement.
- Practical Assessment: Performance in two sports and leading a session.
- Written Coursework: Portfolios, planning documents, evaluations.
- Exam: One formal written paper on contemporary issues.