

SPORT SCIENCE

STATEMENT OF AIMS

THE AIM OF THE KS4 CURRICULUM IS TO DEVELOP...

SUCCESSFUL LEARNERS

Students will develop a wide range of transferable* and soft* skills through practical means. They will study and develop knowledge in key areas of sport science including: Understanding how to prevent and treat sporting injuries, Understanding how different medical conditions can affect sports performance, Applying the principles of training to fitness and skills development for sporting activities, Understanding how the body systems change and develop in response to physical training and Understanding how technology can assist in measuring the changes in your body during physical training.

CONFIDENT, INSPIRED INDIVIDUALS

Students will develop a skillset using different types of skills through largely practical means; communication, problem solving, team working, evaluation and analysis, performing under pressure, and formulating written findings from practical investigation. These are all transferable* and soft* skills which can be learned and used in other settings. Students will develop learning and skills that can be used in other life and work situations, such as: Completing research, writing reports, creating and delivering presentations and planning training programmes, Working with others and leadership skills, Evaluating and making recommendations to help improve performance and Healthy living and lifestyle skills.

ASPIRING, RESPONSIBLE CITIZENS

Students will develop independence and confidence in using skills above that would be relevant to the Exercise, Physical Activity, Sport and Health sector. Students will increase their awareness of different ways to stay involved in sport and physical activity and of different careers and roles within sport.

CURRICULUM MAP

KS4

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Y10	<p>R181 (NEA) <i>Applying the principles of training: fitness and how it affects skill performance</i></p> <p>R182 (NEA) <i>The body's response to physical activity and how technology informs this</i></p>	<p>R181 (NEA) <i>Applying the principles of training: fitness and how it affects skill performance</i></p> <p>R182 (NEA) <i>The body's response to physical activity and how technology informs this</i></p>	<p>R181 (NEA) <i>Applying the principles of training: fitness and how it affects skill performance</i></p> <p>R182 (NEA) <i>The body's response to physical activity and how technology informs this</i></p>	<p>R181 (NEA) <i>Applying the principles of training: fitness and how it affects skill performance</i></p> <p>R180 (EXAM) <i>Reducing the risk of sports injuries and dealing with common medical conditions</i></p>	<p>R181 (NEA) <i>Applying the principles of training: fitness and how it affects skill performance</i></p> <p>R180 (EXAM) <i>Reducing the risk of sports injuries and dealing with common medical conditions</i></p>	<p>R181 (NEA) <i>Applying the principles of training: fitness and how it affects skill performance</i></p> <p>R180 (EXAM) <i>Reducing the risk of sports injuries and dealing with common medical conditions</i></p>
ASSESSMENT	<p>R181 - Submission of Topic Area 1 - Fitness Applied in Sport</p> <p>R182 - Submission of Topic Area 1 & 2 - Musculo-skeletal system and Short-term effects of exercise</p>	<p>R181 - Submission of Topic Area 2 - Methods of training</p> <p>R181 - Submission of Topic Areas 3 & 4 - Cardio-respiratory sports technology and Long-term effects of exercise</p>	<p>R181 - Submission of Topic Area 2 - Methods of training</p> <p>R181 - Submission of Topic Areas 3 & 4 - Cardio-respiratory sports technology and Long-term effects of exercise</p>	<p>R181 - Submission of Topic Area 3 - OCR Scenario controlled assessment</p> <p>R180 - Extrinsic and intrinsic factors past paper questions and Components and benefits of warm up and cool down routines past paper questions</p>	<p>R181 - Submission of Topic Area 3 - OCR Scenario controlled assessment</p> <p>R180 - Extrinsic and intrinsic factors past paper questions and Components and benefits of warm up and cool down routines past paper questions</p>	<p>R181 - Submission of Topic Area 3 - OCR Scenario controlled assessment</p> <p>R180 - Extrinsic and intrinsic factors past paper questions and Components and benefits of warm up and cool down routines past paper questions</p>
Y11	<p>R181 (NEA) <i>Applying the principles of training: fitness and how it affects skill performance</i></p> <p>R180 (EXAM) <i>Reducing the risk of sports injuries and dealing with common medical conditions</i></p>	<p>R181 (NEA) <i>Applying the principles of training: fitness and how it affects skill performance</i></p> <p>R180 (EXAM) <i>Reducing the risk of sports injuries and dealing with common medical conditions</i></p>	<p>R181 (NEA) <i>Applying the principles of training: fitness and how it affects skill performance</i></p> <p>R180 (EXAM) <i>Reducing the risk of sports injuries and dealing with common medical conditions</i></p>	<p>R180 (EXAM) <i>Reducing the risk of sports injuries and dealing with common medical conditions</i></p>	<p>R180 (EXAM) <i>Reducing the risk of sports injuries and dealing with common medical conditions</i></p>	<p>R180 (EXAM) <i>Reducing the risk of sports injuries and dealing with common medical conditions</i></p>