

Curriculum Map 2021/2022



YEAR 10 SPORTS SCIENCE

Physical Education aims to create rounded students who find a passion in leading a well-balanced and healthy lifestyle through life long participation in sport and physical activity. We aim to give students the appropriate experiences and skills to be successful in further study and career opportunities in the sport industry.

Year 10 sport science tasks students with developing an understanding of the factors that influence the risk of sports injuries. Students explore how to deal with common sports injuries and identify when and how they have occurred within a sporting context. In the later stages of the year students develop an understanding of how athletes train and the importance of the implementation of principles of training to ensure success.

	Autumn 1 <i>Factors which impact the risk of injuries occurring in sport and preventative measures</i>	Autumn 2 & 3 <i>Identifying common sports injuries and illnesses and subsequent treatment methods</i>	Spring 4 <i>Understanding the principles of training</i>	Summer 5 <i>What impact does implementation of the principles of training have</i>	Summer 6 <i>How can we use the principles of training to develop a training programme</i>
CONTENT	R041: Reducing the risks of sports injury		R042: Applying principles of training		
<i>Declarative Knowledge – ‘Know What’</i>	<ul style="list-style-type: none"> - Understand different factors which influence the risk of injury - Understand how appropriate warm up and cool down routines can help to prevent injury - Know how to respond to injuries within a sporting context - Know how to respond to common medical conditions 		<ul style="list-style-type: none"> - Know the principles of training in a sporting context - Know how training methods target different fitness components - Be able to conduct fitness tests - Be able to develop fitness training programmes 		
Skills <i>Procedural Knowledge – ‘Know How to’</i>	<ul style="list-style-type: none"> - Know how to prepare participants to take part in physical activity in a way which minimises the risk of injuries occurring - How to react to common injuries that can occur during sport - How to recognise the symptoms of some common medical conditions, providing a good foundation to undertake formal first aid training and qualifications. 		<ul style="list-style-type: none"> - Develop knowledge and understanding of the principles and methods of training and the application of these in the design of training programmes along with practical skills in fitness testing. 		
Key Questions	<p><i>What factors can influence the risk of injuries occurring?</i></p> <p><i>How can I prevent the likelihood of injuries occurring?</i></p> <p><i>How should I respond to sports injuries and common medical conditions?</i></p>		<p><i>What are the principles of training?</i></p> <p><i>How can I use this knowledge to target different fitness components?</i></p> <p><i>What are the key components of a fitness training programme?</i></p>		

Assessment	Examination: 1 hr written paper January	Please refer to OCR Sport Science assessment plan (working document, dates variable)
Extended Learning /Extension Activities	<ul style="list-style-type: none"> • Acting on feedback to achieve higher grade • Extended and wider reading of topics • Completion of independent learning tasks via SMHW • Coaching and officiating opportunities 	