Curriculum Map 2021/2022

ST MARY'S CE HIGH SCHOOL

YEAR 11 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 11 sport science gives students the chance to implement their learning in vocational scenarios. Students study how the body responds to physical activity and the key components of the human anatomy. During the second part of the year the students explore the nutrients needed for a healthy balanced diet and create specifically tailored diet plans for a sports performer.

	Autumn 1 *Key components of the human anatomy*	**Autumn 2** *The bodies response to physical activity in the short and long term*	**Spring 3** *Assessing the impact physical activity has on the human body*	**Spring 4** *Discovering the nutrients needed to for varying sporting activities*	**Summer 5** *The impact of poor nutrition on sports performance*	**Summer 6** *Creating a tailored 6 week training programme for a sports performer*
CONTENT *Declarative Knowledge – 'Know What'*	**R043: The body's response to physical activity** - Know the key components of the body's systems and their functions - Understand the importance of the musculo-skeletal and cardio-respiratory systems in health and fitness - Be able to assess the short-term effects of physical activity on the musculo-skeletal and cardio-respiratory systems - Be able to assess the long-term effects of physical activity on the musculo-skeletal and cardio-respiratory systems			**R045: Sports nutrition** - Know about the nutrients needed for a healthy, balanced diet - Understand the importance of nutrition in sport - Know about the effects of a poor diet on sports performance and participation - Be able to develop diet plans for performers		
Skills *Procedural Knowledge – 'Know How to'*	- Understand key aspects of the structure and function of the musculo-skeletal and cardio-respiratory systems - Investigate some of the changes which occur to the body in response to short and long-term physical activity			- Consider the composition of a healthy, balanced diet. - Consider the necessity of certain nutrients in particular quantities and the effects of a poor diet. - Reflect upon the role that diet plays in different sports and activities - Use the knowledge gained to produce an appropriate, effective diet plan for a performer.		
Key Questions	*What are the key components of the body and what role do they play?*			*What is included in a healthy, balanced diet?*		

	How can I use this knowledge to explain the importance of the body systems in health and fitness? *How can I assess the short and long term effects of how the body responds to physical activity*	*What impact can nutrition have on sports performance?* *What considerations need to be made when planning a diet programme for a performer?*
Assessment	Please refer to OCR Sport Science assessment plan (working document, dates variable)	Please refer to OCR Sport Science assessment plan (working document, dates variable)
Extended Learning /Extension Activities	• Acting on feedback to achieve higher grade • Extended and wider reading of topics • Completion of independent learning tasks via SMHW • Coaching and officiating opportunities	