



# **St Mary's CE High School Curriculum Map 23-24** **Year 10 SPORT SCIENCE**

<b><i>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.</i></b>						
	<b>Autumn 1</b> <i>Factors which impact the risk of injuries occurring in sport and preventative measures</i>	<b>Autumn 2</b> <i>The impact of warm ups and cool downs on the risk of injury</i>	<b>Spring 3</b> <i>Exploring the different types of sports injuries that can occur</i>	<b>Spring 4</b> <i>Understanding the different types of treatments and rehabilitation of injuries</i>	<b>Summer 5</b> <i>What impact does implementation of the principles of training have</i>	<b>Summer 6</b> <i>How can we use the principles of training to develop a training programme</i>
<b>CONTENT</b>  <i>Declarative Knowledge – ‘Know What’</i>	<b>R180</b> Different factors which influence the risk and severity of injury <b>R181</b> Components of fitness applied in sport	<b>R180</b> Warm up and cool down routines <b>R181</b> Principles of training in sport	<b>R180</b> Different types and causes of sporting injuries <b>R181</b> Organising and planning a fitness training programme	<b>R180</b> Reducing risk, treatment and rehabilitation of sports injuries and medical conditions <b>R181</b> Evaluate own performance in planning and delivery of a fitness training programme	<b>R180</b> Causes, symptoms and treatment of medical conditions <b>R181</b> NEA	<b>R180</b> Revision of TA1-5 Internal examination <b>R182</b> The cardio-respiratory system and how the use of technology supports different types of sports and their intensities <b>R183</b> Nutrients needed for a healthy balanced nutrition plan
<b>Skills</b>  <i>Procedural Knowledge – ‘Know How to’</i>	<ul style="list-style-type: none"> <li>- Know how to prepare participants to take part in physical activity in a way which minimises the risk of injuries occurring</li> <li>- How to react to common injuries that can occur during sport</li> <li>- How to recognise the symptoms of some common medical conditions, providing a good foundation to undertake formal first aid training and qualifications.</li> </ul>			<ul style="list-style-type: none"> <li>- 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.</li> </ul>		



**St Mary's CE High School Curriculum Map 23-24**  
**Year 10 SPORT SCIENCE**

<b>Key Questions</b>	<i>What factors can influence the risk of injuries occurring?</i>  <i>How can I prevent the likelihood of injuries occurring?</i>  <i>How should I respond to sports injuries and common medical conditions?</i>	<i>What are the principles of training?</i>  <i>How can I use this knowledge to target different fitness components?</i>  <i>What are the key components of a fitness training programme?</i>
<b>Assessment</b>	Please refer to OCR Sport Science assessment plan (working document, dates variable)	Please refer to OCR Sport Science assessment plan (working document, dates variable)