



St Mary's CE High School Curriculum Map 23-24

Year 11 Sport 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 <i>Applying differing dietary requirements</i>	Autumn 2 <i>Developing a balanced nutrition plan for a selected sporting activity</i>	Spring 3 <i>How nutritional behaviours can be managed to improve sports performance</i>	Spring 4 & Summer 5 <i>Reducing the risk of sports injuries</i>	Summer 6 <i>Examination window</i>
CONTENT <i>Declarative Knowledge – ‘Know What’</i>	R183: Sports Nutrition 1.1 Characteristics of a balanced nutrition plan 1.2 The role of nutrients in sports and their sources 2.1 The dietary requirements of endurance/aerobic activities 2.2 The dietary requirements of short intense/anaerobic activities 2.3 The dietary requirements of strength based activities 3.1 How to design and develop a balanced nutrition plan 3.2 Key factors when considering the success / impact of a nutrition plan 4.1 The effect of overeating on sports performance 4.2 The effects of undereating on sports performance 4.3 The effect of dehydration on sports performance			R180: Reducing the risk of sports injuries 1.1 Extrinsic factors 1.2 Intrinsic factors 2.1 Key components of a warm up 2.2 Physiological and psychological benefits of a warm up 2.3 Key components of a cool down 2.4 Physiological benefits of a cool down 3.1 Acute injuries 3.2 Chronic injuries 4.1 Measures that can be taken before and during participation in sport or physical activity to reduce risk and severity of injury/medical conditions 4.2 Responses and treatment to injuries and medical conditions in a sporting context	
Skills	- Understand key aspects of the structure and function of the musculo-skeletal and cardio-respiratory systems			- Consider the composition of a healthy, balanced diet.	



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<i>Procedural Knowledge – 'Know How to'</i>	<ul style="list-style-type: none">- Investigate some of the changes which occur to the body in response to short and long-term physical activity	<ul style="list-style-type: none">- 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	<p><i>What are the key components of the body and what role do they play?</i></p> <p><i>How can I use this knowledge to explain the importance of the body systems in health and fitness?</i></p> <p><i>How can I assess the short and long term effects of how the body responds to physical activity</i></p>	<p><i>What is included in a healthy, balanced diet?</i></p> <p><i>What impact can nutrition have on sports performance?</i></p> <p><i>What considerations need to be made when planning a diet programme for a performer?</i></p>
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)



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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
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