



Year 9 sport science provides students with the fundamental skills needed in order to be successful on the course. Students engage with a variety of topic areas to inform their academic pathway in KS4.

	Autumn 1	Autumn 2 & Spring 3	Spring 4	Summer 5	Summer 6
	<i>Factors which impact the risk of injuries occurring in sport</i>	<i>Understanding the principles of training</i> <i>Discovering how principles of training can be used to target specific fitness components</i>	<i>How does the body react to exercise</i>	<i>What nutrients are needed to support participation in sport and physical activity</i>	<i>N/A - Beginning of year 10 study</i>
CONTENT <i>Declarative Knowledge – ‘Know What’</i>	Reducing the risks of sports injury Understand different factors which influence the risk of injury Principles of training Understanding the key principles of training How can key principles be used in training to target specific fitness components and their impact on performance		Bodies Response to physical activity Developing understanding of how the body reacts in the short and long term to physical activity Sports Nutrition Exploring the nutrients needed to aid performance in sport and physical activity Discovering the impact of poor nutrition on performance		



St Mary's CE High School Curriculum Map 23-24
Year 9 SPORT SCIENCE

Key Questions	<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>
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	