

Curriculum Map 2024 25



Subject: Sport Science Year: 10

<p>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.</p>						
	<p>Autumn 1 <i>Which components of fitness are required to make training effective?</i></p>	<p>Autumn 2 <i>What components of fitness are required for different skills?</i></p>	<p>Spring 3 <i>How to create a safe and valid training programme</i></p>	<p>Spring 4 <i>How can we measure how effective a training programme is</i></p>	<p>Summer 5 <i>What impact does implementation of the principles of training have for an athlete</i></p>	<p>Summer 6 <i>What are the key nutrients needed for a healthy and balanced diet?</i></p>
<p>CONTENT</p> <p><i>Declarative Knowledge – ‘Know What’</i></p>	<p>R181 Components of fitness applied in sport</p>	<p>R181 Principles of training in sport</p>	<p>R181 Organising and planning a fitness training programme</p>	<p>R181 Evaluate own performance in planning and delivery of a fitness training programme</p>	<p>R181 NEA</p>	<p>R183 Nutrients needed for a healthy balanced nutrition plan</p>
<p>Skills</p> <p><i>Procedural Knowledge – ‘Know How to’</i></p>	<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. 		
<p>Key Questions</p>	<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>		

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		<i>What are the key components of a fitness training programme?</i>
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		