

KS4 Year 10

Autumn Term		Spring Term		Summer Term	
<p>Key knowledge: Unit R183: Nutrition and sports performance</p> <p>Topic Area 1: Nutrients needed for a healthy, balanced nutrition plan Topic Area 2: Applying differing dietary requirements to varying types of sporting activity</p>		<p>Key knowledge: Unit R183: Nutrition and sports performance</p> <p>Topic Area 3: Developing a balanced nutrition plan for a selected sporting activity Topic Area 4: How nutritional behaviours can be managed to improve sports performance</p>		<p>Key Knowledge: Unit R181: Applying the principles of training: fitness and how it affects skill performance</p> <p>Topic Area 1: Components of fitness applied in sport Topic Area 2: Principles of training in sport</p>	
<p>Pupils will be able to: Describe the characteristics of a balanced nutrition plan</p> <p>Describe the role of nutrients in sports and their sources</p> <p>Describe the dietary requirements of endurance/aerobic activities</p> <p>Describe the dietary requirements of short intense/anaerobic activities</p> <p>The dietary requirements of strength based activities</p>	<p>Key Vocabulary: Subject specific vocabulary</p>	<p>Pupils will be able to: To design and develop a balanced nutrition plan</p> <p>Identify and evaluate key factors when considering the success / impact of a nutrition plan</p> <p>Describe the effect of overeating on sports performance</p> <p>Describe the effects of undereating on sports performance</p> <p>Describe the effect of dehydration on sports performance</p>	<p>Key Vocabulary: Subject specific vocabulary</p>	<p>Pupils will be able to: Describe and explain the relevance of components of fitness to different sports</p> <p>Assess components of fitness</p> <p>Apply components of fitness to skill performance</p> <p>Know & understand Principles of training and goal setting in a sporting context</p> <p>Know & understand Methods of training and their benefits</p>	<p>Key Vocabulary: Subject specific vocabulary</p>
<p>Assessment: Externally set Tasks which are marked by school staff and then externally moderated. Student guide to NEA assignments - OCR</p>		<p>Assessment: Externally set Tasks which are marked by school staff and then externally moderated.</p>		<p>Assessment: Externally set Tasks which are marked by school staff and then externally moderated.</p>	
<p>Enrichment Opportunities:</p>		<p>Enrichment Opportunities:</p>		<p>Enrichment Opportunities:</p>	

Year 11

Autumn Term		Spring Term		Summer Term	
<p>Key knowledge: Unit R181: Applying the principles of training: fitness and how it affects skill performance</p> <p>Topic Area 3: Organising and planning a fitness training programme</p> <p>Topic Area 4: Evaluate own performance in planning and delivery of a fitness training programme</p>		<p>Key knowledge: Unit R180: Reducing the risk of sports injuries and dealing with common medical conditions</p> <p>Topic Area 1: Different factors which influence the risk and severity of injury</p> <p>Topic Area 2: Warm up and cool down routines</p> <p>Topic Area 3: Different types and causes of sports injuries</p>		<p>Key Knowledge: Unit R180: Reducing the risk of sports injuries and dealing with common medical conditions</p> <p>Topic Area 4: Reducing risk, treatment and rehabilitation of sports injuries and medical conditions</p> <p>Topic Area 5: Causes, symptoms and treatment of medical conditions</p>	
<p>Pupils will be able to:</p> <p>Know & Understand factors when designing a fitness training programme</p> <p>Plan a fitness based training programme</p> <p>Record results from a fitness training programme</p> <p>Evaluate the effectiveness of a fitness training programme</p>	<p>Key Vocabulary: Subject specific vocabulary</p>	<p>Pupils will be able to:</p> <p>Know & Understand both Extrinsic & Intrinsic factors.</p> <p>Know & Understand Key components of a warm up & cool down</p> <p>Know & Understand the Physiological and psychological benefits of a warm up & cool down</p> <p>Know & Understand the different types and causes of Acute sports injuries</p> <p>Know & Understand the different types and causes of Chronic sports injuries</p>	<p>Key Vocabulary: Subject specific vocabulary</p>	<p>Pupils will be able to:</p> <p>Describe Measures that can be taken before and during participation in sport or physical activity to reduce risk and severity of injury/medical conditions</p> <p>Respond and treat injuries and medical conditions in a sporting context</p> <p>Describe the causes, symptoms and treatment of 5 common medical conditions</p>	<p>Key Vocabulary: Subject specific vocabulary</p>
<p>Assessment: Externally set Tasks which are marked by school staff and then externally moderated.</p>		<p>Assessment: End of Topic Assessments - Internally set Terminal Exam - Externally set</p>		<p>Assessment: End of Topic Assessments - Internally set Terminal Exam - Externally set</p>	
<p>Enrichment Opportunities:</p>		<p>Enrichment Opportunities:</p>		<p>Enrichment Opportunities:</p>	