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| **Subject:** Cambridge Sports  | **Year:** Y10 |
|  | **Spring** | **SUMMER** |
| **Half term 1** | **Half term 2** | **Half term 3** | **Half term 4** | **Half term 5** | **Half term 6** |
| **Theme/ topic:**R041- Reducing the risk of sport injuries LO1 Understand different factors which influence the risk of injury | **Theme/ topic:** R041- Reducing the risk of sport injuries. LO2- Understand how appropriate warm up and cool down routines can help to prevent injury.LO3- Know how to respond to injuries within a sporting context.LO4- Know how to respond to common medical conditions.Revision Internal examination/ MocksRevision for exam in Jan 2023 | **Theme/ topic:**R044-Sports psychology LO1- Understand the relationship between personality and sports performance. (12Marks)LO2- Know how motivation can affect sports performance. (9 Marks) | **Theme/ topic:**R044- Sports psychologyLO3- Know how aggression can affect sports performance. (9 Marks)LO5- Be able to apply sport psychology strategies to enhance sports performance. (15 Marks | **Theme/ topic:**R044- Sports psychologyLO4- Understand the impact of arousal and anxiety on sports performance. (15 Marks)LO5- Be able to apply sport psychology strategies to enhance sports performance. (15 Marks) | **Theme/ topic:**R045-Sports Nutrition LO3- Know about the effects of a poor diet on sports performance and participation. (15 Marks)LO4- Be able to develop diet plans for performers. (18 Marks)  |