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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/ Mocks  Revision 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 psychology  LO3- 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 psychology  LO4- 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) |