

Sport Science

Key Stage 4

Year 9 Sport Science						
	Half-term 1	Half-term 2	Half-term 3	Half-term 4	Half-term 5	Half-term 6
Topic	Unit R181 Applying the principles of training fitness and how it affects skill performance <u>Topic Area 1:</u> Components of fitness applied in sport Task 2	Unit R181 Applying the principles of training fitness and how it affects skill performance <u>Topic Area 1:</u> Components of fitness applied in sport Task 1	Unit R181 Applying the principles of training fitness and how it affects skill performance <u>Topic Area 2:</u> Principles of training in sport and goal setting in a sporting context. Task 3	Unit R181 Applying the principles of training fitness and how it affects skill performance <u>Topic area 3:</u> Organising and planning a fitness training programme. <u>Topic Area 4:</u> Evaluate own performance in planning and delivery of a fitness training programme Task 4	Unit R181 Applying the principles of training fitness and how it affects skill performance <u>Topic area 3:</u> Organising and planning a fitness training programme. <u>Topic Area 4:</u> Evaluate own performance in planning and delivery of a fitness training programme Task 5	Orienteering & Fell walking

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Year 10 Sport Science						
	Half-term 1	Half-term 2	Half-term 3	Half-term 4	Half-term 5	Half-term 6
Topic	<p>Unit R183: Nutrition and Sports performance <u>Topic Area 1:</u> Nutrients needed for a healthy, balanced nutrition plan Task 1</p> <p>FA- Guide to Laws qualification.</p>	<p>Unit R183: Nutrition and Sports performance <u>Topic Area2:</u> Applying differing dietary requirements to varying types of sporting activity Task 2</p> <p>FA- Guide to Laws qualification.</p>	<p>Unit R183: Nutrition and Sports performance <u>Topic Area 3:</u> Developing a balanced nutrition plan for a selected sporting activity Task 3</p>	<p>Unit R183: Nutrition and Sports performance <u>Topic Area 3:</u> Developing a balanced nutrition plan for a selected sporting activity Task 3</p> <p><u>Topic Area 4:</u> How nutritional behaviours can be managed to improve sports performance. Task 4</p>	<p>Unit R183: Nutrition and Sports performance <u>Topic Area 4:</u> How nutritional behaviours can be managed to improve sports performance. Task 4</p>	Squash

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Year 11

Year 11 Sport Science						
	Half-term 1	Half-term 2	Half-term 3	Half-term 4	Half-term 5	Half-term 6
Topic	<p>Level 1 Sports Leaders Qualification</p> <p>Unit R180 Reducing the risk of sport injuries and dealing with common medical conditions.</p> <p><u>Topic area 1:</u> Different factors which influence the risk and severity of injury.</p>	<p>Level 1 Sports Leaders Qualification</p> <p>Unit R180 Reducing the risk of sport injuries and dealing with common medical conditions.</p> <p><u>Topic Area 2:</u> Warm up and cool down routines</p>	<p>Level 1 Sports Leaders Qualification</p> <p>Unit R180 Reducing the risk of sport injuries and dealing with common medical conditions.</p> <p><u>Topic Area 3:</u> Different types and causes of sports injuries</p>	<p>Level 1 Sports Leaders Qualification</p> <p>Unit R180 Reducing the risk of sport injuries and dealing with common medical conditions.</p> <p><u>Topic Area 4:</u> Reducing risk, treatment and rehabilitation of sports injuries and medical conditions.</p> <p><u>Topic Area 5:</u> Causes, symptoms and treatment of medical conditions.</p>	<p>Level 1 Sports Leaders Qualification</p> <p>Unit R180 Reducing the risk of sport injuries and dealing with common medical conditions.</p> <p>Revision off the 5 topic area's.</p> <p>Outdoor education</p>	NA