

Year 11 OCR National Sports Science Curriculum Map

	Autumn Term	Spring Term	Summer Term
Unit Length	1) RO45: Sports Nutrition 2) RO41: Reducing the risk of sports injuries- External exam	1) RO43: The body's response to physical activity	RO41: Reducing the risk of sports injuries- External exam – resit opportunity
Assessment objectives	1) LO3- Know about the effects of a poor diet on sports performance and participation. LO4- Be able to develop diet plans for performers. 2) LO1- Understand different factors which influence the risk of injury 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	LO1- Know the key components of the musculo-skeletal and cardio-respiratory systems, their functions and their roles. LO2- Understand the importance of the musculo-skeletal & cardio-respiratory systems in health and fitness LO3- Assess the short term effects of physical activity on the musculo-skeletal and cardio-respiratory systems. LO4- Assess the long term effects of physical activity on the musculo-skeletal and cardio-respiratory systems.	LO1- Understand different factors which influence the risk of injury 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
Description of the topic and key learning outcomes	RO41: Reducing the risk of sports injuries- External exam Students will 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 in sport and how to recognise the symptoms of some common medical conditions.	RO43: The body's response to physical activity Learners will understand key aspects of the structure and function of the musculo-skeletal and cardio-respiratory systems and investigate some of the changes which occur to them in response to short and long term physical activity.	RO41: Reducing the risk of sports injuries Overview Students will 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 in sport and how to recognise the symptoms of some common medical conditions.
AOs and skills being taught	Describing and explaining key fitness principles and methods of training. Evaluating the impact of a training programme and their own or peer' current levels of fitness against normative data.	Describing and explaining the functions and roles of the musculo-skeletal & cardio-respiratory systems. Analysing the short term and long term effects exercise has on key body systems.	Responding to common sports injuries and lifestyle diseases. How to prevent sports injuries from occurring and reducing the risks associated with sport.

Milestone Assessments	Frequent low stakes testing finishing with an external exam.	Internally assessed portfolio of evidence. Ongoing assessment throughout the unit with frequent low stakes to inform assignments.	Frequent low stakes testing finishing with an external exam.
Wider Reading	OCR National Sport Science Textbook BBC Sport website	OCR National Sport Science Textbook BBC Sport website	OCR National Sport Science Textbook BBC Sport website
Literacy Programme	Summarising, spelling tests, definitions, sentence starters, writing structures and frames.	Summarising, spelling tests, definitions, sentence starters, writing structures and frames.	Summarising, spelling tests, definitions, sentence starters, writing structures and frames.
Independent Learning Tasks	Knowledge Organiser and research projects. Practice exam questions. Deconstruction of model exam answers.	Knowledge Organiser and research projects.	Knowledge Organiser and research projects. Practice exam questions. Deconstruction of model exam answers.