**PE DEPARTMENT; Course Overview**

Course Name: OCR National Level 1/2 in Sports Science Key Stage:4 Year 10 as of Sept 2021

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| **Assessment Objectives**  |
| **R041- External exam** | **R042- Internally assessed** | **RO45- Internally assessed** | **R043- Internally assessed** |
| LO1: Explain the different factors that influence the risk of injury | LO1: Describe the principles of training in a sporting context  | LO1: Explain the nutrients for a healthy balanced diet | LO1: Know the key components of the musculo-skeletal and cardio-respiratory systems, their functions and roles |
| LO2: Explain the effectiveness of warming up and cooling down for injury prevention | LO2: Explain how training methods target different fitness components | LO2: Understand and explain the importance of nutrition in sport  | LO2: Understand the importance of the musculo-skeletal and cardio-respiratory systems in health and fitness |
| LO3: Explain responses to injuries within a sorting context  | LO3: Conduct and interpret fitness tests results for sports performers  | LO3: Explain the effects pf a poor diet on sports performance and participation | LO3: Be able to assess the short-term effects of physical activity on the musculo-skeletal and cardio-respiratory systems |
| LO4: Evaluate responses to common medical conditions | LO4: Evaluate the effectiveness of a fitness training programme  | LO4: Evaluate diet plans for performers | LO4: Be able to assess the long-term effects of physical activity on the musculo-skeletal and cardio-respiratory systems |
|  | **Term 1** | **Term 2** | **Term 3** |
| **Year10** | R042: Applying principles of training LO1: Know the principles of training to a sporting contextLO2: Training methods and fitness components | R042: Applying principles of trainingLO4: Developing a fitness training programme | R045: Sports NutritionLO3: Effects of a poor diet on sports performance and participation To continue with LO2 to complete the 3 sections of this. |
| R042: Applying principles of training LO3: Fitness Testing | Feb Half TermR045: Sports NutritionLO1: Nutrients for a healthy balanced diet LO2: Understanding the importance of nutrition in sport | R045: Sports NutritionLO4: Evaluate diet plans for performersRO42 and RO45 to be moderated in the November series.  |
| **Year11** | RO43- The body’s response to physical activityLO1- Know the key components of the musculo-skeletal and cardio-respiratory systems, their functions and roles | R041: Reducing the risk of sports injuries Jan sitting for first attempt at exam | June exam- second & final sitting |
| Start of OctoberR041: Reducing the risk of sports injuries LO4: Know how to respond to common medical conditionsLO3: Know how to respond to injuries within a sporting context LO3&4 Formative assessment | After Jan exam until Feb Half Term RO43- The body’s response to physical activityLO2- Understand the importance of the musculo-skeletal and cardio-respiratory systems in health and fitness |
| R041: Reducing the risk of sports injuriesLO1: Understand different factors influencing risk of injuries LO1 Formative assessment LO2: Understand how appropriate warm up and cool downs can prevent injuryLO1&2 Formative assessment  | RO43- The body’s response to physical activityLO3- Be able to assess the short-term effects of physical activity on the musculo-skeletal and cardio-respiratory systemsLO4- Be able to assess the long-term effects of physical activity on the musculo-skeletal and cardio-respiratory systems |  |

***R041: External exam is 60 minutes and 60 marks written paper***