

## Year 10 Curriculum Map : Sports Science

	Autumn	Spring	Summer
<b>Unit Focus</b>	<b>R181 Applying the principles of training: fitness and how it affects skill performance</b>		
<b>Assessment Objectives</b>	TA1- Components of fitness applied in sport (Task 1 and 2)	TA2- Principles of training in sport (Task 3)	TA3 – Organising and planning a fitness training programme (Task 4) TA4- Evaluating own performance in planning and delivery of a fitness training programme (Task 5)
<b>Unit Length</b>	<b>1 Term</b>	<b>1 Term</b>	<b>1 Term</b>
<b>Key Learning Outcomes</b>	<p><b>TA1 – Task 1 Components of fitness applied in sport</b></p> <ol style="list-style-type: none"> <li>1) What pre-testing procedures are needed before fitness tests are completed?</li> <li>2) Why do individuals need to complete fitness tests?</li> <li>3) Which fitness tests assess each component of fitness?</li> <li>4) How is each fitness test reliable and valid?</li> <li>5) What does the fitness test result inform us?</li> <li>6) How appropriate for our two sporting activities are the fitness tests selected?</li> <li>6) How does the fitness test result reflect our ability in our two sporting activities?</li> </ol> <p><b>TA1- Task 2 Components of fitness applied in sport</b></p> <ol style="list-style-type: none"> <li>1) What are the components of fitness?</li> <li>2) Which components of fitness are the most relevant to our two sporting activities?</li> <li>3) Where and how can these most relevant components of fitness be demonstrated within the two sporting activities?</li> <li>4) Are fitness tests an accurate representation of sporting requirements?</li> <li>5) How can we test skill specific movements within one of our sports that reflect the most important/prominent components of fitness?</li> <li>6) What do our results from our skill related tests tell us?</li> </ol>	<p><b>TA2- Task 3 Applying principles of training in sport</b></p> <ol style="list-style-type: none"> <li>1) What are the principles of training (SPOR and FITT)?</li> <li>2) How can SMART goals be applied to our own performance improvement objectives and those in the task 3 scenario?</li> <li>3) What are the most common methods of training?</li> <li>4) Which methods of training would be the most relevant to my own training programme for improvement and that of the scenario?</li> <li>5) What is aerobic exercise?</li> <li>6) What is anaerobic exercise?</li> <li>7) Which methods of training are aerobic and anaerobic?</li> <li>8) How would I train in order to improve the components of fitness I need to enhance the most to improve my sporting performance?</li> </ol>	<p><b>TA3- Task 4 Organising and planning a fitness training programme</b></p> <ol style="list-style-type: none"> <li>1) What are the aims of your training using the results from the components of fitness focused and your own skill based, self designed tests?</li> <li>2) What equipment do you need to undertake your own six week training programme?</li> <li>3) What warm-up and cool down routines will you plan to use to reduce the risk of injury and the speed up recovery?</li> <li>4) What is the purpose of a risk assessment?</li> <li>5) What is the risk assessment for the equipment, environments and exercises you plan to use?</li> <li>6) How will you assess the progress after the undertaking of the 6 week training programme?</li> </ol> <p><b>TA4- Task 5 Review own performance in planning and delivery of a fitness training programme</b></p> <ol style="list-style-type: none"> <li>1) How does the pre and post fitness test results compare?</li> <li>2) What are the positives of the 6 week training plan?</li> <li>3) What are the areas for improvement from the 6 week training programme?</li> <li>4) How was the training plan adapted throughout the plan?</li> <li>5) How well were the goals of the training plan achieved?</li> <li>6) Which aspects of the plan would you change if the plan is repeated?</li> </ol>

<b>Prior knowledge</b>	Sporting skills and techniques Components of fitness Fitness testing Following of testing protocols	Principles of training Methods of training SPOR and FITT Components of fitness Types of respiration (Science)	Evaluation skills Training programme planning and implementation Methods of training Components of fitness
<b>CEIAG Specific careers links</b>	Sports Scientist Strength and Conditioning Personal Trainer Physiotherapist Nurse Doctor Data Analyst Military	Sports Scientist Strength and Conditioning Personal Trainer Physiotherapist Nurse Doctor Data Analyst Military	Sports Scientist Strength and Conditioning Personal Trainer Physiotherapist Nurse Doctor Data Analyst Military
<b>RRSA</b>	Article 28: Right to education Article 29: Goals of education	Article 28: Right to education Article 29: Goals of education	Article 28: Right to education Article 29: Goals of education
<b>Cross curricular links</b>	ICT- production of word processing English- literacy skills Maths and Geography- recording data and comparing/evaluating results History- inference skills	Science- respiration types ICT- production of word processing English- literacy skills Maths and Geography- recording data and comparing/evaluating results History- inference skills	ICT- production of word processing English- literacy skills Maths and Geography- recording data and comparing/evaluating results History- inference skills
<b>Useful websites/vi deos</b>	<a href="#">The components of fitness – definitions, examples and tests - Keeping fit and healthy in sport - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</a> <a href="#">GCSE PE - Free Physical Education Revision Quizzes - TeachPE.com</a> <a href="#">Performance Evaluation Tests - more than 101 available (brianmac.co.uk)</a>	<a href="#">Anaerobic respiratory system - Aerobic and anaerobic exercise - Edexcel - GCSE Physical Education Revision - Edexcel - BBC Bitesize</a> <a href="#">Definitions and descriptions of the principles of training - Principles of training - Edexcel - GCSE Physical Education Revision - Edexcel - BBC Bitesize</a> <a href="#">Principles of Training - Overload, Specificity, Reversability &amp; Variance (teachpe.com)</a> <a href="#">Training Methods &amp; Types Of Training - TeachPE.com</a> <a href="#">The different methods of training - Methods and effects of training - Edexcel - GCSE Physical Education Revision - Edexcel - BBC Bitesize</a>	<a href="#">9+ 30-Day Fitness Plan Example - PDF   Examples The Complete 4-Week Beginner's Workout Program   Muscle &amp; Fitness (muscleandfitness.com)</a>
<b>Wider Reading</b>			
<b>Literacy Programme</b>	<ul style="list-style-type: none"> <li>Decode it NOW</li> <li>Guided practice/model answers</li> <li>Deconstruction of model answers</li> <li>Sentence Starters</li> </ul>	<ul style="list-style-type: none"> <li>Decode it NOW</li> <li>Guided practice/model answers</li> <li>Deconstruction of model answers</li> <li>Sentence Starters</li> </ul>	<ul style="list-style-type: none"> <li>Decode it NOW</li> <li>Guided practice/model answers</li> <li>Deconstruction of model answers</li> <li>Sentence Starters</li> </ul>

	<ul style="list-style-type: none"><li>• Writing strategies</li></ul>	<ul style="list-style-type: none"><li>• Writing strategies</li></ul>	<ul style="list-style-type: none"><li>• Writing strategies</li></ul>
<b>Independent Learning Tasks</b>	Knowledge Organiser questions.	Knowledge Organiser questions	Knowledge Organiser questions.