Year 11 Curriculum Map : Sports Science

	Autumn	Spring	Summer
Assessment Objectives	<u>RO45- Sports Nutrition</u> LO1 – Nutritional Components LO2.1 Nutritional Intake Timings LO2.3 Supplements <u>RO41- Reducing the risk of sports injuries</u> LO1- Extrinsic and Intrinsic factors affecting sports injuries LO2- The role of warm-ups and cool downs LO3- Common Sports Injuries LO4- Common Medical Conditions	<u>RO45- Sports Nutrition</u> LO2.2- Differing Athlete Diets LO3- Malnutrition	<u>RO45- Sports Nutrition</u> LO4.1- Diet Planning LO4.2- Diet Plan Evaluation
Unit Length	1 Term	1 Term	1 Term
Key Learning Outcomes	<u>End of September</u> <u>RO45-</u> <u>LO1- Nutritional Components</u> 1- What is a balanced diet? 2- What does the eat well plate demonstrate 3- What are the 3 macronutrients and what is their role? 4- What are the 4 micronutrients and what is their role? <u>LO2.1- Nutritional Intake Timings</u> 1- How does before exercise effect nutritional intake? 2- Why would an athlete consume nutrition during exercise? 3- Evaluate the importance of nutrition after exercise. <u>LO2.3- Supplements</u> 1- What are supplements? 2- How do multivitamins impact performance? 3- What role does protein powder play in enhancing performance? 4- How does creatine benefit performance? <u>October to December (external exam)</u> <u>RO41- Reducing the risk of sports injuries</u> LO4- Common Medical Conditions 1- What are the symptoms and treatment of asthma? 2- What are the signs of an epileptic seizure and do you treat this? 3- How can a diabetic episode be identified and treated? Intentional monitoring of LO4	<u>RO41 Jan exam</u> <u>RO45</u> <u>LO2.2 – Differing Athlete Diets</u> How does the diet for different sporting effects differ? 1- Strength based athlete 2- Endurance based athlete 3- <u>LO3 The effects of poor diet on sports performance</u> 1- What is malnutrition? 2- How does undereating impact on sports performance? 3- What is overeating and how does it impact on sports performance? 4- Why is maintaining vital to support high performance in sport? Re-teach of any remaining assignments prior to submission within the June series for moderation	<u>LO4.1- Diet Planning</u> 1- What role does a specific diet have on performance? 2- How does diet differ on sporting season time frames? 3- How do we review an athlete's diet? 4- What features of a diet plan make it effective? 5- How can I improve an athlete's diet to enhance their performance? 6- Why are specific nutrients required in a diet plan? 7- What is the benefit to the athlete of each nutrient included in the plan? <u>LO4.2 Diet Plan Evaluation</u> 1- How does the diet plan meet the needs of the athlete? 2- What are the positives of the diet plan for the athlete? 3- What aspects could be improved on in the diet plan? 4- What would be the benefit to the athlete of these changes to their performance?

	LO3- Common Sports Injuries 1- What is the difference between acute and chronic injuries? 2- How do open and closed fractures differ? 3- What are the causes of the five most common sporting injuries and how are they treated? 4- What is an overuse injury? 5- How are soft tissue injuries treated? 6- Which two only occur in children? 7- What is SALTAPS? Intentional monitoring of LO3 and retrieval of LO4 LO2- The role of warm-ups and cool downs 1- What are the psychological and physiological benefits of a warm-up? 2- How do the 5 components of a warm-up differ? 3- What is a cool down and what are its' benefits? 4- What individual, group and environmental characteristics affect a warm-up and cool down? Intentional monitoring of LO2 and retrieval of LO4 & LO3 LO1- Extrinsic and Intrinsic factors affecting sports injuries 1- What is an extrinsic and intrinsic factor? 2- How does activity type and environment impact on sports injuries? 3- What impact does equipment and coaching have on sports injuries? 4- How do psychological factors impact on sports injuries? 5- How does physical preparation affect sorting injuries? 6- What impact do individual variables have on sporting injuries? 7- What causes poor posture and what are the three posture types?		
Prior knowledge	Diabetes and the role diet plays on this Safety equipment and policies from core PE Warm-up components and reasonings Malnutrition and the eat well plate	Components of a balanced diet Requirements of different athletes	Fitness- heart rate values, short term and long term effects of exercise/physical activity. From RO42- Fitness tests and measuring adaptations Science- effects of exercise on the body
CEIAG Specific careers links	Nurse First Aider Nutritionist Doctor Sports psychologist	Physiotherapist Sports coaching Strength and Conditioning Personal Trainer Military	Physiotherapist Sports coaching Strength and Conditioning Personal Trainer Military

	Sports Scientist	Doctor Nurse Sports Scientist	Doctor Nurse Sports Scientist
RRSA	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
Cross curricular links	Science- respiration types Catering- nutrient types Health and Social Care- disorders of body systems	Catering- ingredients, weights & measures.	Science- lifestyle diseases and effects of exercise on the body Health & Social Care- lifestyle diseases
Useful websites/videos	Anaerobic respiratory system - Aerobic and anaerobic exercise - Edexcel - GCSE Physical Education Revision - Edexcel - BBC Bitesize Definitions and descriptions of the principles of training - Principles of training - Edexcel - GCSE Physical Education Revision - Edexcel - BBC Bitesize Principles of Training - Overload, Specificity, Reversability & Variance (teachpe.com) Training Methods & Types Of Training - TeachPE.com The different methods of training - Methods and effects of training - Edexcel - GCSE Physical Education Revision - Edexcel - BBC Bitesize	Different muscle types in the human body - Muscular system - Edexcel - GCSE Physical Education Revision - Edexcel - BBC Bitesize Structure of the skeletal system and the vertebral column - Skeletal system - Edexcel - GCSE Physical Education Revision - Edexcel - BBC Bitesize Structure of the cardiovascular system - Cardiovascular system - Edexcel - GCSE Physical Education Revision - Edexcel - BBC Bitesize Respiratory system structure and function - Respiratory system - Edexcel - GCSE Physical Education Revision - Edexcel - BBC Bitesize 9+ 30-Day Fitness Plan Example - PDF | Examples	Short term effects of exercise on the body systems - Long and short term effects of exercise - Edexcel - GCSE Physical Education Revision - Edexcel - BBC Bitesize Effects Of Exercise On The Body - Short & Long Term - TeachPE.com
Wider Reading			
Literacy Programme	• Decode it NOW • Guided practice/model answers • Deconstruction of model answers • Sentence Starters • Writing strategies	• Decode it NOW • Guided practice/model answers • Deconstruction of model answers • Sentence Starters • Writing strategies	• Decode it NOW • Guided practice/model answers • Deconstruction of model answers • Sentence Starters • Writing strategies
Independent Learning Tasks	Knowledge Organiser questions.	Knowledge Organiser questions	Knowledge Organiser questions.