	Year 11 Curriculum Map : Sports Science						
	Autumn	Spring	Summer				
Assessment Objectives	RO45- Sports Nutrition LO1 – Nutritional Components LO2.1 Nutritional Intake Timings LO2.3 Supplements  RO41- Reducing the risk of sports injuries LO1- Extrinsic and Intrinsic factors affecting sports injuries	RO45- Sports Nutrition LO2.2- Differing Athlete Diets LO3- Malnutrition	RO45- Sports Nutrition LO4.1- Diet Planning LO4.2- Diet Plan Evaluation				
Unit Length	LO2- The role of warm-ups and cool downs LO3- Common Sports Injuries LO4- Common Medical Conditions  1 Term	1 Term	1 Term				
	End of September	RO41 Jan exam	LO4.1- Diet Planning				
Key Learning Outcomes	RO45- LO1- Nutritional Components  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?  LO2.1- Nutritional Intake Timings  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.  LO2.3- Supplements  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?  October to December (external exam)  RO41- Reducing the risk of sports injuries  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	RO45 LO2.2 – Differing Athlete Diets How does the diet for different sporting effects differ?  1- Strength based athlete 2- Endurance based athlete 3- LO3 The effects of poor diet on sports performance 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	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?  LO4.2 Diet Plan Evaluation 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 tractures differ?  3. What are the causes of the five most common sporting injuries and how are they treated?  4. What is an overtuse 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 injuries and intrinsic factor affecting sports injuries intentional monitoring of LO2 and retrieval of LO4 & LO3  LO1- Extrinsic and Intrinsic factor affecting sports injuries?  1. What is an extrinsic and intrinsic factor affecting sports injuries?  3. What impact does equipment and coaching have on sports injuries?  4. How does activity type and environment impact on sports injuries?  5. How does physical preparation affect sorting injuries?  5. How doe splysical preparation affect sorting injuries?  6. What impact do individual variables have on sports injuries?  7. What causes poor posture and what are the three posture types?  Prior  Nowledge  Prior  Nowledge  Prior  Nowledge  Prior  Nowledge  Minutition and the cold diet plays on this  Safety equipment and policies from care PE  Warm-up components and reasonings  Minutition and the cold diet plays on this  Safety equipment and policies from care PE  Warm-up components and reasonings  Minutition and the cold diet plate				
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	CEIAG		Physiotherapist	Physiotherapist
Specific First Aider Sports coaching Sports coaching Strength and Conditioning Strength and Conditioning	-		•	
careers links Nutritionist Doctor Strength and Conditioning Personal Trainer Strength and Conditioning Personal Trainer	careers links			
Sports psychologist Military Military Military				

	Sports Scientist	Doctor	Doctor
		Nurse	Nurse
		Sports Scientist	Sports Scientist
RRSA	Article 28: Right to education	Article 28: Right to education	Article 28: Right to education
	Article 29: Goals of education	Article 29: Goals of education	Article 29: Goals of education
Cross	Science- respiration types	Catering- ingredients, weights & measures.	Science- lifestyle diseases and effects of exercise on
curricular	Catering- nutrient types		the body
links	Health and Social Care- disorders of body systems		Health & Social Care- lifestyle diseases
Useful	Anaerobic respiratory system - Aerobic and anaerobic	Different muscle types in the human body -	Short term effects of exercise on the body
websites/vi	exercise - Edexcel - GCSE Physical Education Revision -	Muscular system - Edexcel - GCSE Physical	systems - Long and short term effects of
deos	Edexcel - BBC Bitesize	Education Revision - Edexcel - BBC Bitesize	exercise - Edexcel - GCSE Physical
	Definitions and descriptions of the principles of training -	Structure of the skeletal system and the	Education Revision - Edexcel - BBC Bitesize
	Principles of training - Edexcel - GCSE Physical Education	vertebral column - Skeletal system -	Effects Of Exercise On The Body - Short &
	Revision - Edexcel - BBC Bitesize	Edexcel - GCSE Physical Education Revision	Long Term - TeachPE.com
	Principles of Training - Overload, Specificity, Reversability	- Edexcel - BBC Bitesize	
	& Variance (teachpe.com)	Structure of the cardiovascular system -	
	<u>Training Methods &amp; Types Of Training - TeachPE.com</u>	Cardiovascular system - Edexcel - GCSE	
	The different methods of training - Methods and effects of	Physical Education Revision - Edexcel - BBC	
	training - Edexcel - GCSE Physical Education Revision -	<u>Bitesize</u>	
	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	
Wider			
Reading			
Literacy	Decode it NOW	Decode it NOW	Decode it NOW
Programme	Guided practice/model answers	Guided practice/model answers	Guided practice/model answers
	Deconstruction of model answers     Section 28 Starters	Deconstruction of model answers	Deconstruction of model answers
	<ul><li>Sentence Starters</li><li>Writing strategies</li></ul>	Sentence Starters     Writing strategies	Sentence Starters     Wiking startering
	• Wilting strategies	Writing strategies	Writing strategies
Independent	Knowledge Organiser questions.	Knowledge Organiser questions	Knowledge Organiser questions.
Learning Tasks			