

# Y11 Sports Science



## PE AT YARDLEYS

**INTENT:** To provide an enriched and broad curriculum which gives pupils the; knowledge, skills, passion and independence to participate in a wide range of activities competitively. A curriculum that is ambitious, tangible and one that will inspire, giving pupils the confidence and desire to continue to be physically active beyond Yardleys. A curriculum committed to nurturing responsible individuals with a deep understanding of the lifelong benefits of good health and fitness, where pupils leave endeavouring to develop good lifestyle habits to secure lifelong personal health.

## Y11 SPORTS SCIENCE

In year 11 students will develop an understanding of the risks associated with different sports. They will look at how this risk can be managed but what injuries could happen and how to treat them.

## YEAR 11

Theme	Reducing the risks in Sport	Reducing the risk of sports injuries	Exam preparation
<b>SUBSTANTIVE KNOWLEDGE</b>	Factors that can increase the risk of injury and how to manage them <ul style="list-style-type: none"> <li>• Extrinsic factors</li> <li>• Intrinsic factors</li> <li>• Psychological factors</li> </ul> Benefits and application of warm ups and cool downs Physiological and psychological benefits of a warm up and cool down	Reducing risk, treatment and rehabilitation of sports injuries and medical conditions  Causes, symptoms and treatment of medical conditions Acute and Chronic injuries	
<b>DISCIPLINARY KNOWLEDGE</b>	Risk management Injury Effective warm ups and cool downs	Sports Injuries Injury treatment Risk Management	