

Y10 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.

Y10 SPORTS SCIENCE

In year 10 students will develop a greater understanding of the different influences on performance including a the importance of a well-structured fitness programme and the a well planned nutrition plan.

YEAR 10

Theme	Evaluate a fitness training programme Nutrients needed for a healthy, balanced nutrition plan	Applying differing dietary requirements to varying types of sporting activity Developing a balanced nutrition plan for a selected sporting activity	Nutrition and sports performance How nutritional behaviours can be managed to improve sports performance
SUBSTANTIVE KNOWLEDGE	<ul style="list-style-type: none"> Strengths and areas for improvement of the fitness training programme Applying principles of training How to monitor progress and adapt a programme Characteristics of a balanced nutrition plan The role of nutrients in sports and their sources 	<ul style="list-style-type: none"> The dietary requirements for: <ul style="list-style-type: none"> endurance/aerobic activities short intense/anaerobic activities strength based activities before, during and after exercise Use and effects of supplements 	<ul style="list-style-type: none"> Developing a balanced nutrition plan for a selected sporting activity and individuals needs Identify key factors when considering the success / impact of a nutrition plan Identify the nutritional changes that can be made The effect of overeating, undereating and dehydration on sports performance
DISCIPLINARY KNOWLEDGE	<ul style="list-style-type: none"> Analysis of performance Collection of data Monitoring progress in fitness The role of nutrients for performance 	<ul style="list-style-type: none"> Presentation skills Understanding of Aerobic and Anaerobic fitness Supplements in sport The importance of a balanced diet/nutrition plan 	<ul style="list-style-type: none"> The importance of a balanced diet Analysis of performance Presentation skills