

Yardleys Curriculum Aims

- To achieve academic excellence
- To educate the 'whole child' so they are ready for life
- To work collaboratively and ethically to provide education of the highest standard

SPORT SCIENCE – KEY STAGE 4

Curriculum Overview

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.

Year 10

In Year 10 students will develop a greater understanding of the different influences on performance including the importance of a well-structured fitness programme. They will also be learning about topic area 1,2 & 3 from R180: Reducing the risk of sports injuries and dealing with common medical conditions. They will also be completing Unit R181: Applying the principles of training: fitness and how it affects skill performance.

| | Unit R180: Reducing the risk of sports injuries and dealing with common medical conditions | Unit R181: Applying the principles of training: fitness and how it affects skill performance |
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| SUBSTANTIVE KNOWLEDGE | <p>Factors that can increase the risk of injury and how to manage them:</p> <ul style="list-style-type: none"> • Extrinsic factors • Intrinsic factors • Psychological factors 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 | <ul style="list-style-type: none"> • Topic Area 1: Components of fitness applied in sport • Topic Area 2: Principles of training in sport • Topic Area 3: Organising and planning a fitness training programme • Topic Area 4: Evaluate own performance in planning and delivery of a fitness training programme |

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| DISCIPLINARY KNOWLEDGE | <ul style="list-style-type: none"> • Risk management • Injury treatment • Effective warmups and cool downs • Sports Injuries • Injury treatment • Risk Management | <ul style="list-style-type: none"> • Analysis of performance • Collection of data • Test data analysis and interpretation • Monitoring progress in fitness |
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Year 11

In Year 11 students will continue develop an understanding of the injury risks associated with different sports. This will focus on Topic area 4 & 5. They will look at how this risk can be managed but what injuries could happen and how to treat them. They will also be completing R183: Nutrition and sports performance looking at the relationship that fuel consumed in the body has on performance.

| | Unit R180: Reducing the risk of sports injuries and dealing with common medical conditions | Unit R183: Nutrition and sports performance | |
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| SUBSTANTIVE KNOWLEDGE | <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"> • 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 | |
| DISCIPLINARY KNOWLEDGE | <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"> • Analysis of performance • Collection of data • Monitoring progress in fitness • The role of nutrients for performance | |