

Curriculum overview: Sports Science

Key Stage 2					
Sport and Games - To use running, jumping, throwing and catching in isolation and in combination. - To play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. - To develop flexibility, strength, technique, control and balance. - To perform dances using a range of movement patterns. - To take part in outdoor and adventurous activity challenges both individually and within a team. - To compare their performances with previous ones and demonstrate improvement to achieve their personal best. Swimming and Water Safety - To swim competently, confidently and proficiently over a distance of at least 25 metres. - To use a range of strokes effectively. - To perform safe self-rescue in different water-based situations.					
Key skills/content requirements at GCSE					
- To perform a range of skills through involvement in sport and physical activity in different contexts and roles. - To apply theoretical knowledge to practical situations. - To have an understanding of the complexity of different areas of sport and the sports industry. - To have an awareness of different ways to stay involved in sport and physical activity and of different careers and roles within sport.					
	Term 1	Term 2	Term 3	Portable Content	Key Terms
Year 10	Applying the principles of training: fitness and how it effects skill performance. - Components of Fitness (TA1) - Complete Task 1 and 2 (PSA)	Applying the principles of training: fitness and how it effects skill performance. - Principles of training (TA2) - Complete Task 3 (PSA)	- Evaluate own performance in planning and delivery of a fitness training programme (TA4) - Complete Task 5 (PSA) Nutrition and sports performance.	100% sheet	- Carbohydrates - Fats - Proteins - Fibre - Water - Vitamins - Undereating

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		- Organising and Planning and fitness training programme (TA3) - Complete Task 4 (PSA)	- Nutrients needed for a healthy, balanced nutrition plan (TA1) - Complete Task 1 (PSA)		- Overeating - Dehydration
Year 11	Nutrition and sports performance. - Applying different dietary requirements to varying types of sporting activity (TA2) - Complete Task 2 (PSA) - Developing a balanced nutrition plan for a selected sporting activity (TA3) - Complete Task 3 (PSA) - How nutritional behaviours can be managed to improve sports performance (TA4) - Complete Task 4 (PSA)	Reducing the risk of sports industries and dealing with common medical conditions. - Different factors which influence the risk and severity of injury. Warm up and cool down routines. - Different types and causes of sports injuries. - Reducing risk, treatment and rehabilitation of sports injuries and medical conditions.	Reducing the risk of sports industries and dealing with common medical conditions. Causes, symptoms and treatment of medical conditions.	100% Sheet	- Extrinsic - Intrinsic - Physiological - Psychological - Acute Injuries - Chronic injuries - SALTAPS - DRABC - PRICE - Asthma - Diabetes - Epilepsy - Cardiac Arrest