



# YEAR 10 CAMBRIDGE NATIONAL SPORTS SCIENCE



# THE JOURNEY OF LEARNING



Year 10 Summer Term 2

Methods of training and their benefits

Aerobic and anaerobic exercise

Principles of training and goal setting in a sporting context

Assessment Extended Write

DIRT

R181: Assignment 3

Year 11 Summer Preparation

R181: Assignment 2

DIRT

Assessment Extended Write

Year 10 Summer Term 1

Application of components of fitness to skill performance

R181: Assignment 1

The musculoskeletal system and how the use of technology supports different types of sports and their movements

Assess components of fitness

Assessment Extended Write

LO3 DIRT

R182: Assignment 3

Year 10 Spring Term 2

R181: Applying the principles of training: fitness and how it affects skill performance

Relevance of components of fitness to different sports

The cardio-respiratory system and how the use of technology supports different types of sports and their intensities

Year 10 Spring Term 1

R182: Assignment 2

DIRT

Assessment Extended Write

R182: Assignment 1

Year 10 Autumn Term 2

The long-term effects of exercise on the cardio-respiratory and musculoskeletal systems

DIRT

R182: The body's response to physical activity and how technology informs this

Assessment Extended Write

Year 10 Autumn Term 1

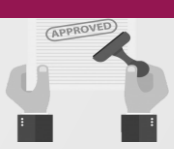
Components, function and role of cardio-respiratory system during exercise

The components and role of the musculoskeletal system in producing movement

The different short-term effects of exercise on the cardio-respiratory and musculoskeletal systems

End of Year 9

Pre reading, Cambridge National PE course.



Closed Book Assessments

DIRT

Formative Assessments

PSHE

Careers Related

Literacy Focus

Cultural Capital