

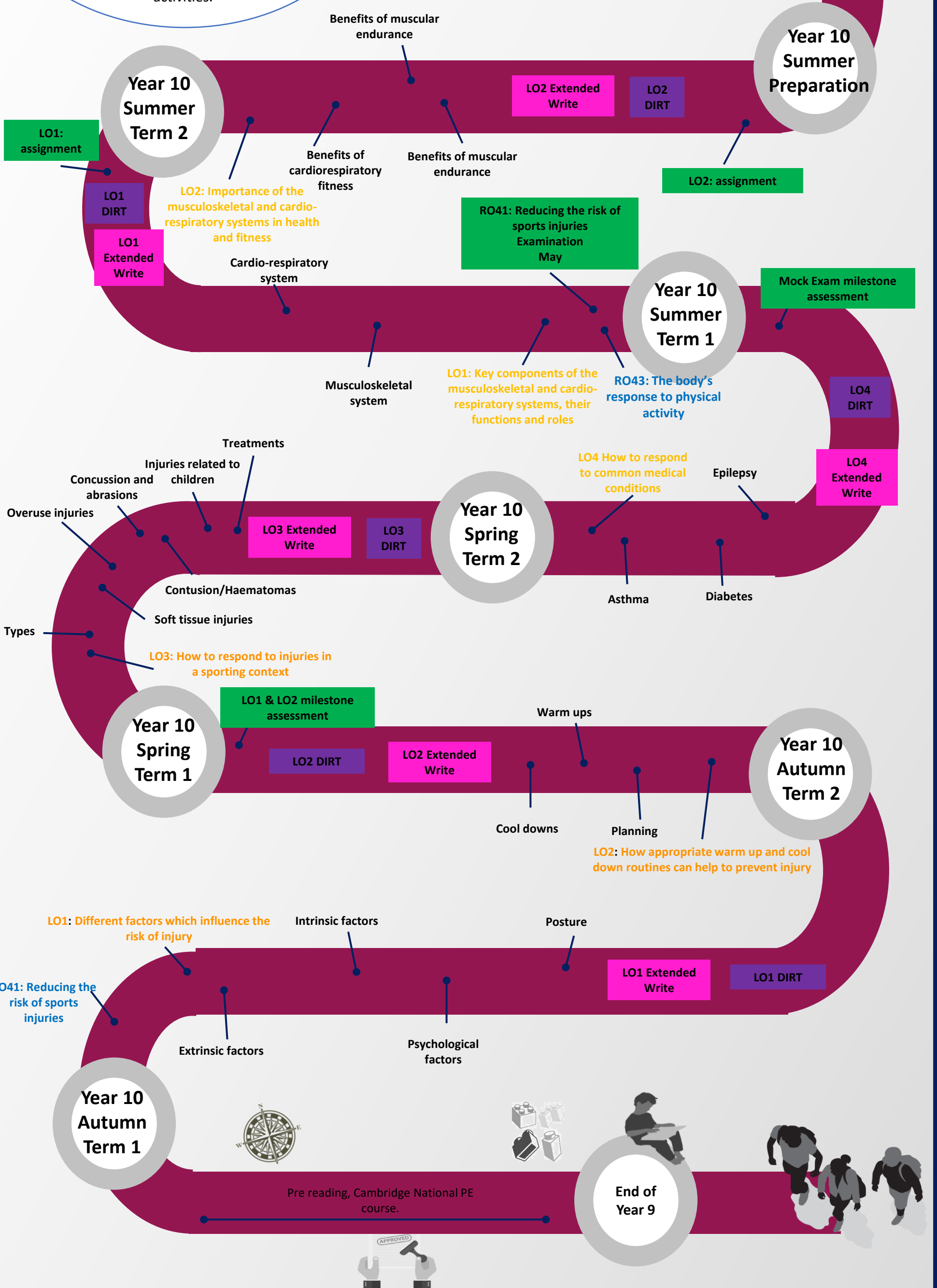


THE JOURNEY OF LEARNING

YEAR 10 CAMBRIDGE NATIONAL SPORTS SCIENCE

Intent

- To experience a variety of roles within physical education and school sport.
- To develop a variety of skills, techniques and tactics and use them in a variety of competitive situations.
- To promote lifelong participation and have a positive impact on physical, mental and social well-being.
- To create an inclusive, accessible, challenging environment in order to develop transferable skills.
- To provide a range of extra-curricular activities.





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Year 11 Summer Term 2

LO3 DIRT

LO3: assignment

LO3 Extended Write

Diet plan

How to design a diet plan

LO3: assignment

LO3 DIRT

LO3 Extended Write

The effects of under eating on sports performance and participation

The effects of overeating on sports performance and participation

Year 11 Summer Term 1

LO2: assignment

LO2 DIRT

LO2 Extended Write

The use of dietary supplements

How to evaluate the effectiveness of the diet plan

LO4: Be able to develop diet plans for performers

The effects of dehydration on sports performance and participation

LO3: Know about the effects of a poor diet on sports performance and participation

The reasons for the varying dietary requirements of different activity types

LO2: Understand the importance of nutrition in sport

LO4: Develop fitness training programme

Evaluating a programme

LO1: Know about the nutrients needed for a healthy, balanced diet

Role of nutrients in a healthy balanced diet

Understand the importance of nutrition in sport

Year 11 Spring Term 2

Test results

LO2 Extended Write

Test protocols

LO2: assignment

Designing a programme

LO4 Extended Write

LO4 DIRT

LO4: assignment

RO45: Sports nutrition

Characteristics of a balanced diet

Food sources of nutrients

Importance of nutrition before, during and after exercise

LO1: assignment

Year 11 Spring Term 1

LO3: Be able to conduct fitness tests

LO2 Extended Write

LO2: assignment

Maximal and submaximal

Designing a programme

LO2 Extended Write

LO2: assignment

Components of fitness

LO1 DIRT

LO1 Extended Write

LO1: assignment

Moderation

Progression

RO42: Applying principles of training

Specificity

Reversibility

Variance

LO1: Principles of training in a sporting context

Year 11 Autumn Term 2

LO4 assignment

LO4 DIRT

LO4 Extended Write

Cardio-respiratory system

Methods of measurement

LO3 Extended Write

LO3 DIRT

LO3: assignment

LO3: Assess short-term effects of physical activity

Musculoskeletal system

LO4: Assess long-term effects of physical activity

Musculoskeletal system

Cardio-respiratory system

Methods of measurement

Year 11 Autumn Term 1

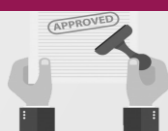
RO43: The body's response to physical activity



End of Year 10



Pre reading, Cambridge National PE course.



Closed Book Assessments

DIRT

Formative Assessments

PSHE

Careers Related

Literacy Focus

Cultural Capital