

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10: Cambridge National Sport Science	Assessment 1	Assessment 2				
	Fitness and Training Assignment 1	Fitness and Training Assignment 2	Fitness and Training Assignment 3	Assignment 4 & 5	Diet and Nutrition Assignment 1	Diet and Nutrition Assignment 2
	<p>Key Knowledge: Developing an understanding of the component of fitness:</p> <ul style="list-style-type: none"> - What they are - How they relate to different sporting activities. 	<p>Key Knowledge: Specific application of the components of fitness relating to a team and an individual sport.</p> <ul style="list-style-type: none"> - Why are the components of work important? - How would a performer plan to train these specific components to improve skill and fitness. 	<p>Key Knowledge: Understanding how to develop a training programme:</p> <ul style="list-style-type: none"> - Understanding and application of the training principles to structure a successful training programme for the client. - Develop an understanding of training methods and which method is most successful for the sports client. 	<p>Key Knowledge: Understanding how to plan, deliver and evaluate a training programme:</p> <ul style="list-style-type: none"> - Use the information from assignment 3 to help plan and deliver a training programme for yourself. - Perform and record results from a six-week training programme. - Evaluate the effectiveness of the training programme. 	<p>Key Knowledge: Review the requirements of an individual's dietary requirements. This information will be linked to a sporting client looking to improve performance:</p> <ul style="list-style-type: none"> - Use of the Eatwell plate. - Understand the differences between Macronutrients and Micronutrients. - How does each nutrient have a direct impact on the performance of the client's specific sport. 	<p>Key Knowledge: Further develop the understanding of how to manipulate a sports performers diet to enhance their performance when either training or competing.</p> <ul style="list-style-type: none"> - Understand which nutrients are required before training or competition. - Understand which nutrients are required during training or competition. - Understand which nutrients are required after training or competition.
	<p>Supporting Websites:</p> <ul style="list-style-type: none"> - The Ever Learner - https://theeverlearner.com/ - BBC Bitesize - https://www.bbc.co.uk/bitesize/subjects/znyb4wx 					

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 11: Cambridge National Sport Science	Assessment 1	Assessment 2				
	Diet and Nutrition Assignment 3	Diet and Nutrition Assignment 4	Reducing the risk of Sports Injuries: Exam Unit	Reducing the risk of Sports Injuries: Exam Unit	Reducing the risk of Sports Injuries: Exam Unit	
	<p>Key Knowledge: Developing an understanding of the component of fitness:</p> <ul style="list-style-type: none"> - What they are - How they relate to different sporting activities. 	<p>Key Knowledge: Specific application of the components of fitness relating to a team and an individual sport.</p> <ul style="list-style-type: none"> - Why are the components of work important? - How would a performer plan to train these specific components to improve skill and fitness. 	<p>Key Knowledge: Topic Area 1: Factors that influence risk of injury.</p> <ul style="list-style-type: none"> - Students study information on Extrinsic factors and intrinsic factors. <p>Topic Area 2: Warm Up and Cool Down.</p> <ul style="list-style-type: none"> - Key components of a warmup - Physiological and Psychological benefits. 	<p>Key Knowledge: Topic Area 3: Types and Causes of Sports Injuries</p> <ul style="list-style-type: none"> - Acute Injuries - Chronic injuries <p>Topic Area 4: Reducing Risk:</p> <ul style="list-style-type: none"> - Measures to reduce the risk levels of sport. 	<p>Key Knowledge: Topic Area 5: Medical Conditions:</p> <ul style="list-style-type: none"> - Students will develop an understanding of the most common medical conditions. - They will focus upon causes, symptoms, and treatment. <p>In the remaining lessons students will prepare through guided intervention sessions for their exam.</p>	
<p>Supporting Websites:</p> <ul style="list-style-type: none"> - The Ever Learner - https://theeverlearner.com/ - BBC Bitesize - https://www.bbc.co.uk/bitesize/subjects/znyb4wx 						