

Fairfield High School Curriculum Overview – Year 10

Subject	Sport Science	Why do we study these units in Year 10?
Lessons per fortnight	6	<p>In the world of team and individual sport, it is vital that coaches keep their performers in peak condition. They do this by regularly monitoring them through fitness tests and by designing bespoke training programmes to suit the type of sport, performance schedule and the individual themselves. High quality training programmes apply principles of training to the requirements of the individual in their development and implementation.</p> <p>Learners will develop knowledge and understanding of the principles and methods of training and the application of these in the design of training programmes along with practical skills in fitness testing.</p> <p>It is recognised that physical activity is essential in maintaining good health. Many careers within the sport, leisure and health industries require employees to have an understanding of how the body changes and responds to physical activity. With this knowledge it is possible to improve body systems to optimise sports performance and promote healthier lifestyles.</p> <p>Learners will understand key aspects of the structure and function of the musculo-skeletal and cardio-respiratory systems and investigate some of the changes which occur to them in response to short and long-term physical activity.</p>
Setting	No setting, GCSE group.	

Students are encouraged to be Responsible Global Citizens through activities/content on... Good Health and Well-being (UN Sustainable Development Goal 3) and to develop strong leadership skills which will equip them to contribute to economic growth (goal 8).

<p>We ensure all students experience high challenge in the subject by including... High challenge by outcome and consistent use of peer teaching and assessment for all. Students develop analytical skills which allow them to coach other students, even those performing at Distinction level – regardless of their own performance level in the subject.</p>
<p>Literacy work this year includes... Learning key terms for Physiology in fitness, and the body. Pupils will learn all of the Bones, Muscles and components of the Cardio-Respiratory system. We display this language and use these in formal sentences during class work and assessed work. We encourage flipped learning through reading about key topical issues in Sport. All assessed work is submitted word processed using Office 365.</p>
<p>Innovation and Creativity opportunities this year include... Students are encouraged to think of innovative ways of supporting each other (e.g through adapting approaches to mindset). Learners are encouraged to be innovative and original with their presentation of assessed work. Pupils use broad and varied examples to support their work.</p>
<p>Employability opportunities/skills covered this year are... Pupils will learn the skills required to work in the Fitness industry, pupils will learn how to measure and assess fitness as well as design Fitness programmes. Pupils will also learn the knowledge and understanding required in any profession within sport including learning the musculoskeletal system, respiratory and cardio vascular systems.</p>

Term	Unit title	Knowledge and Understanding/content	Skills	Assessment
Term 1	RO42 Applying Principles of Training	Know the principles of training in a sporting context	Describes all of the principles of training with a range of developed examples which are applied to specific sporting contexts.	Class submitted Coursework.

Term 2	RO42 Applying Principles of Training	Know how different training methods target different fitness components	Comprehensively describes aerobic and anaerobic exercise supported with a wide range of relevant examples of training method. Identifies most of the components of fitness and describes a wide range of specific training methods and how they can target fitness components both individually and in combination.	Class submitted Coursework.
Term 3	RO42 Applying Principles of Training	Be able to conduct fitness tests Be able to develop fitness training programmes	Carries out fitness tests to produce an extensive range of results, which are recorded with precision. Consideration of protocols and guidelines is clearly evident. Interpretation of the results is clear and detailed reference to normative data, reliability and validity is made. The programme aims shows relevance to all of the initial data gathered. All of the principles of training have been applied effectively in its design. The programme meets all of the specific needs and requirements identified in the aims. Fitness training programme is designed independently.	Class submitted Coursework.
Term 4	RO43 The body's response to physical activity	Know the key components of the musculoskeletal and cardio-respiratory systems, their functions and roles.	Locates and identifies most key components of the musculoskeletal system and its functions.	Class submitted Coursework.

			<p>Description of the key components and functions of the cardio-respiratory system is comprehensive.</p> <p>Comprehensively describes the role of the musculoskeletal system in producing movement supported with a wide range of examples.</p> <p>Comprehensively describes the role of the cardio-respiratory system in physical activity supported with a wide range of examples.</p>	
Term 5	RO43 The body's response to physical activity	Understand the importance of the musculoskeletal and cardio-respiratory systems in health and fitness	Explains accurately and in detail a wide range of benefits of cardiorespiratory fitness, muscular strength and endurance and muscular flexibility supported with clear and relevant examples.	Class submitted Coursework.
Term 6	RO43 The body's response to physical activity	<p>Be able to assess the short-term effects of physical activity on the musculoskeletal and cardio-respiratory.</p> <p>Be able to assess the long-term effects of physical.</p>	<p>The short-term effects of physical activity on the musculoskeletal and cardio-respiratory systems are identified, measured and recorded precisely. Planning and setting up of suitable activities is carried out independently. Fully explains the adaptations recorded and why they have occurred. Clearly draws upon relevant skills / knowledge / understanding from other units in the specification.</p> <p>After this, the long-term effects of physical activity on the musculoskeletal and cardiorespiratory systems are identified,</p>	Class submitted Coursework.

			<p>measured and recorded precisely and at regular, set intervals. Planning and setting up of suitable activities is carried out independently. Fully explains the adaptations recorded and why they have occurred.</p>	
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