

### Fairfield High School Curriculum Overview – Year 11

Subject	Sport Science	Why do we study these units in Year 11?
Lessons per fortnight	6	<p>Taking part in sport and physical activity puts the body under stress. Knowing how to reduce the risk of injury when taking part in sport, and how to respond to injuries and medical conditions in a sport setting are, therefore, vital skills in many roles within the sport and leisure industry, whether you are a lifeguard, a steward at a sports stadium or a personal fitness instructor.</p> <p>Learners will know how to prepare participants to take part in physical activity in a way which minimises the risk of injuries occurring, how to react to common injuries that can occur during sport and how to recognise the symptoms of some common medical conditions, providing a good foundation to undertake formal first aid training and qualifications.</p> <p>In all walks of life, appropriate nutrition and diet are vital to our health and wellbeing. In the world of sport the right nutrition is as important as the right equipment and the right training methods, because without suitable nutrition a performer’s body would not be able to cope with the stresses and strains put upon it. This would lead not only to deterioration in performance, but also in health. The amount of legislation and media coverage that surrounds the use of supplements in elite sport, some of which are approved and some of which are prohibited, highlights the value placed on nutrition in modern day sport.</p> <p>Learners will consider the composition of a healthy, balanced diet. They will also consider the necessity of certain nutrients in particular quantities and the effects of a poor diet. They will reflect upon the role that diet plays in different sports and activities, and use the knowledge gained to produce an appropriate, effective diet plan for a performer.</p>
Setting	No setting, GCSE group.	

<p><b>Students are encouraged to be Responsible Global Citizens through activities/content on...</b> 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>
<p><b>We ensure all students experience high challenge in the subject by including...</b> 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><b>Literacy work this year includes...</b> 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><b>Innovation and Creativity opportunities this year include...</b> 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><b>Employability opportunities/skills covered this year are...</b> Pupils will learn the skills required to work in the Fitness and Medical industry, pupils will learn how to treat and prevent Sports Injuries. Pupils will also learn the knowledge and understanding required in any profession within sport including learning about Sports Nutrition and the importance of a healthy diet.</p>

Term	Unit title	Knowledge and Understanding/content	Skills	Assessment
Term 1	Reducing the risk of sports injuries.	Understand different factors which influence the risk of injury.	Extrinsic factors which can influence the risk of injury.	Class submitted Coursework.

			Intrinsic factors which can influence the risk of injury.	
Term 2	Reducing the risk of sports injuries.	Understand how appropriate warm up and cool down routines can help to prevent injury.	The physical benefits of a warm up. The psychological benefits of a warm up. Key components of a warm up, physical benefits of a cool down, key components of a cool down. Specific needs which a warm up and cool down must consider	Class submitted Coursework.
Term 3	Reducing the risk of sports injuries.	Know how to respond to injuries within a sporting context. Know how to respond to common medical conditions.	Acute and chronic injuries types, causes and treatment of common sports injuries. How to respond to injuries and medical conditions in a sporting context. Emergency Action Plans (EAP) in a sporting context. The symptoms of common medical conditions, how to respond to these common medical conditions.	Class submitted Coursework.
Term 4	Sports Nutrition	Know about the nutrients needed for a healthy, balanced diet.	Describes in detail all of the characteristics of a balanced diet. Comprehensively describes what nutrients are and their role within a healthy balanced diet, giving a wide range of examples of food sources of nutrients.	Class submitted Coursework.
Term 5	Sports Nutrition	Understand the importance of nutrition in sport.	Explains in detail the importance of nutrition before, during and after exercise.	Class submitted Coursework.

			<p>Identifies a wide range of different activity types and explains dietary requirements for these, accurately matching different needs with different activities.</p> <p>Explains the use of dietary supplements with detailed reference to why they are used in sport. Shows well developed understanding of issues associated with their use.</p>	
Term 6	Sports Nutrition	<p>Know about the effects of a poor diet on sports performance and participation.</p> <p>Be able to develop diet plans for performers.</p>	<p>Definition of malnutrition is accurate and detailed. Explains in detail the effects of overeating, under-eating and dehydration with clear and specific reference to sports performance and participation.</p> <p>Clearly draws upon relevant skills/knowledge/understanding from other units in the specification.</p> <p>The diet plan meets all of the specific needs and requirements identified in the aims. The diet plan is designed independently.</p> <p>Evaluation is comprehensive and reflects upon most aspects of the design and completion of the diet plan. Ideas for improvement are specific and justified.</p>	Class submitted Coursework.