Fairfield High School Curriculum Overview – Year 10

Subject	Sport Science	**Why do we study these units in year 10?**
lessons per fortnight	6	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. 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. 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. 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.
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).

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.
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.
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.
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.

Term	Unit title	Knowledge and understanding/content	Skills	Assessment
Term 1	R181: Applying the principles of training: fitness and how it affects skill performance	Components of fitness applied in sport	Appropriate fitness tests are described in detail with clear reference to the protocols. Comprehensively analyses the data from each test and what it means to their fitness for the activities.	Class submitted Coursework.

Term 2	R181: Applying the principles of training: fitness and how it affects skill performance	Components of fitness applied in sport	A wide range of skills are linked to components of fitness in detail, with clear and relevant examples given for each. Confidently demonstrates a wide range of well developed skills relevant to the components of fitness. Tests are described in detail with clear and relevant examples of how they also measure an appropriate component of fitness. Comprehensively analyses the strengths and weaknesses of the data from each test and what it means to their fitness for the activities.	Class submitted Coursework.
Term 3	R181: Applying the principles of training: fitness and how it affects skill performance	Principles of training in sport	SPOR and FITT principles are described in detail with clear and relevant examples given for each aspect of their selected sporting activity. SMART goals are described in detail with clear and relevant examples given for each aspect of their selected sporting activity. Comprehensively analyses the benefits of applying the principles to the training programme. Comprehensively analyses their selected training methods, including a clear and detailed comparison of aerobic and anaerobic exercise.	Class submitted Coursework.
Term 4	R181: Applying the principles of training:	Organising and planning a fitness training programme	Produces a fully appropriate and comprehensive plan which considers	Class submitted Coursework.

	fitness and how it affects skill performance		most of the requirements for an effective and safe fitness training programme. Produces an appropriate and comprehensive risk assessment which considers most of the requirements for a safe fitness training programme	
Term 5	R181: Applying the principles of training: fitness and how it affects skill performance	Evaluate own performance in planning and delivery of a fitness training programme	Comprehensively describes most areas that went well and did not go well in the planned fitness training programme. Comprehensively describes all areas that needed to be adapted in the planned fitness training programme. Shows detailed analysis when altering the plan with justified suggestions. Comprehensive analysis of the effectiveness of the fitness training programme. Makes clear and detailed reference to the goals and objectives.	Class submitted Coursework.
Term 6	R182: The body's response to physical activity and how technology informs this	The cardio-respiratory system and how the use of technology supports different types of sports and their intensities The musculo-skeletal system and how the use of technology supports different types of sports and their movements	Comprehensively describes the techniques used to gather cardio-respiratory and musculo-skeletal systems data before and after completing their training activity. Supported with a wide range of data clearly showing all the changing variables. Complex links are made between the intensity of the training activities, and the short-term responses of both the cardio-respiratory and musculo-skeletal systems. Comprehensively discusses why these have occurred. Clearly explains what	Class submitted Coursework.

		Short-term effects of exercise on the cardio-respiratory and musculo-skeletal systems	benefits these short-term responses could make to their performance in their selected sport activity.	