Fairfield High School Curriculum Overview – Year 11

Subject	Sport Science	**Why do we study these units in year 11?**
lessons per fortnight	6	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. 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. 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. 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.
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 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.

Term	Unit title	Knowledge and understanding/content	Skills	Assessment

Term 1	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 Long-term effects of exercise on the cardio-respiratory and musculo-skeletal systems	The long-term effects of exercise on the cardio-respiratory and musculo-skeletal systems are comprehensively discussed and supported with a wide range of well-developed examples from their selected sport activity. Describes in detail adaptations and provides clear explanations why they have occurred, using a wide range of well-developed examples from their selected sport activity. Discusses in detail the long-term benefits and drawbacks of the adaptations to them as a performer, using a wide range of examples from their selected sport activity.	Class submitted Coursework.
Term 2	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 how a wide range of technology provides them as a performer and their coach with information regarding the cardio-respiratory system to support them during training and to maximise participation in their selected activity. Fully explains how the technology can maximise benefits and minimise drawbacks for long-term participation in their selected activity Comprehensively describes how a wide range of technology provides them as a performer and their coach with	Class submitted Coursework.

			information regarding the musculo-skeletal system to support them during training and to maximise participation in their selected activity. Fully explains how the technology can maximise benefits and minimise drawbacks for long-term participation in their selected activity	
Term 3	R180: Reducing the risk of sports injuries and dealing with common medical conditions	Different factors which influence the risk of injury.	Compare and contrast how different extrinsic factors can influence the risk and severity of injury How some extrinsic factors can influence other extrinsic factors or part of the same extrinsic factor, e.g. the effects that playing surfaces can have on appropriate footwear, the effect officials can have on participants Consider the links with other topic areas: Warm up/cool down routines, Human interaction, psychological factors and reasons for aggression, Different types and causes of sports injuries, Safety checks, how weather conditions can affect medical conditions	Written Examination
Term 4	R180: Reducing the risk of sports injuries and dealing with common medical conditions	Warm up and cool down routines Different types and causes of injuries.	The use of suitable components and examples, in the design of warm up routines and exercises/stretches that target different muscles/joints in the body Consider the links with, Coaching/instructing/leading, Equipment e.g. resistance bands, Physiological and psychological benefits of a warmup	Written Examination

			Safety checks To include: Compare and contrast the warm up components and the benefits on the cardio-respiratory and musculoskeletal systems, Be aware of possible negative effects if no warm up is performed, Consider the links with: Key components of a warm up, Psychological benefits and mental strategies, To include: The use of suitable components and examples, in the design of cool down routines Consider the links with: Coaching/instructing/leading Physiological benefits of a cool down safety checks To include, Compare and contrast the cool down components and the benefits on the cardio-respiratory and musculoskeletal systems, to be aware of possible negative effects if no cool down is performed. Consider the links with Key components of a cool down	
Term 5	R180: Reducing the risk of sports injuries and dealing with	Reducing risk, treatment, and rehab of injuries and medical conditions Causes, symptoms, and treatment of medical conditions.	To include: Examples of measures and responses for different injuries and medical conditions. To include links with, Extrinsic factors and Intrinsic factors, Interpreting and planning a risk assessment To include, Advantages of	Written Examination

	common medical conditions		using different types of responses and treatment for different injuries/medical conditions and the different times when treatment can be used, Prior to performance, During performance, Immediately after injury, As part of the longer-term rehabilitation process, DRABC is an acronym for (Danger, Response, Airway, Breathing, Circulation) Recovery position, Unconscious performers who are breathing and have no other life-threatening conditions PRICE therapy is an acronym for (Protection, Rest, Ice, Compress, Elevate) Use of X-rays to detect injury, A technical understanding of how X-rays work Overview of treatments/therapies:	
Term 6				