

Inspire, Challenge, Enrich

Cambridge National Sports Science - Curriculum maps

Department mission/curriculum statement: After five years of core PE, our aim is that you achieve in each of our four strands; enjoyment: actively engage in and enjoy your PE lessons, skills: develop your physical skills and conceptual skill through sport, health and wellbeing: explore how physical activity and sport can improve your wellbeing and lifelong participation: experience a range of activities that inspire you to be active for life.

Year 10	Autumn HT 1	Autumn HT 2	Spring HT 1	Spring HT 2	Summer HT 1	Summer HT 2
Topic and/or Key Question	Risk Factors and Warm up and Cool Down	Injuries and Medical Conditions	Medical Conditions and Revision	Revision	Revision	R183 Nutrition and Sports Performance
Key Knowledge/Skills Main skills (subject specific and generic) that will be developed and how	Different factors which influence the risk and severity of injury - Intrinsic factors - Extrinsic factors Components of a warm up and cool down Benefits of a warm up and cool down	Acute and chronic injuries Risk assessment Strategies to reduce risk Treatments and therapies	Medical conditions - Diabetes - Asthma - Epilepsy - Hypothermia - Heat exhaustion - Dehydration	A mix of topics from paper 1 and paper 2 will be chosen based on mocks results. Lesson will focus on knowledge recall and answering the extended answer question.	A mix of topics from paper 1 and paper 2 will be chosen based on mocks results. Lesson will focus on knowledge recall and applying that knowledge to exam questions.	Task 1 – components of a diet Task 2 – Timing of nutrition Task 3 – creating a two week diet plan Task 4 – effects of over and under eating and dehydration
Key Vocabulary (School Improvement Priority)	Extrinsic Intrinsic Techniques Supervision Ethical standards Artificial Dynamic Proprioceptive neuromuscular facilitation Arousal	Soft/hard tissue Anterior Laceration Fracture Abrasion Contusion Epicondylitis Hazard Risk	Nebuliser Insulin Hypoglycaemia Seizure Ketogenic Cardiac Arrest Fatigue	BUG AO1 AO2 AO3 Describe Explain Evaluate	BUG AO1 AO2 AO3 Describe Explain Evaluate	Glycogen Hydration Nutrient Composition Supplements Carbohydrate loading Calories
Extended Writing / Disciplinary Reading (School Improvement Priority)	Reciprocal reading task on current sporting article on risk of injury in sport	Reciprocal reading task on current sporting article on types of injury in sport	Reciprocal reading task on current sporting article on medical conditions in sport	Reciprocal reading task on current sporting article on topics covered for revision	Reciprocal reading task on current sporting article on topics covered for revision	Reciprocal reading task on text book extract on nutrition before, during and after activities.
Assessment [Summative & Formative] How knowledge and skills will be assessed formally and informally. How feedback will be given	Mid-point formative test (30 marks) – whole class feedback End of unit summative test (60 marks) – WWW and EBI	Mid-point formative test (30 marks) – whole class feedback End of unit summative test (60 marks) – WWW and EBI	Mock (60 marks) – Mock feedback form End of unit formative test (30 marks) – whole class feedback	Mid-point formative test (30 marks) – whole class feedback End of unit summative test (60 marks) – WWW and EBI	Mid-point summative test (60 marks) – WWW and EBI Exam	

Year 11	Autumn HT 1	Autumn HT 2	Spring HT 1	Spring HT 2	Summer HT 1	Summer HT 2
Topic and/or Key Question	Risk Factors and Warm up and Cool Down	Injuries and Medical Conditions	Medical Conditions and Revision	Revision	Revision	
Key Knowledge/Skills Main skills (subject specific and generic) that will be developed and how	Different factors which influence the risk and severity of injury - Intrinsic factors - Extrinsic factors Components of a warm up and cool down Benefits of a warm up and cool down	Acute and chronic injuries Risk assessment Strategies to reduce risk Treatments and therapies	Medical conditions - Diabetes - Asthma - Epilepsy - Hypothermia - Heat exhaustion - Dehydration	A mix of topics from paper 1 and paper 2 will be chosen based on mocks results. Lesson will focus on knowledge recall and answering the extended answer question.	A mix of topics from paper 1 and paper 2 will be chosen based on mocks results. Lesson will focus on knowledge recall and applying that knowledge to exam questions.	
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Extended Writing / Disciplinary Reading (School Improvement Priority)	Reciprocal reading task on current sporting article on risk of injury in sport	Reciprocal reading task on current sporting article on types of injury in sport	Reciprocal reading task on current sporting article on medical conditions in sport	Reciprocal reading task on current sporting article on topics covered for revision	Reciprocal reading task on current sporting article on topics covered for revision	
Assessment [Summative & Formative] How knowledge and skills will be assessed formally and informally. How feedback will be given	Mid-point formative test (30 marks) – whole class feedback End of unit summative test (60 marks) – WWW and EBI	Mid-point formative test (30 marks) – whole class feedback End of unit summative test (60 marks) – WWW and EBI	Mock (60 marks) – Mock feedback form End of unit formative test (30 marks) – whole class feedback	Mid-point formative test (30 marks) – whole class feedback End of unit summative test (60 marks) – WWW and EBI	Mid-point summative test (60 marks) – WWW and EBI Exam	