

Year 10 Sports Science

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics	Ro41 Reducing the Risk of Sports Injuries	Ro41 Reducing the Risk of Sports Injuries	RO42 Applying Principles of Training	RO42 Applying Principles of Training	RO42 Applying Principles of Training	RO44 Sports Psychology
Assessment	In-class assessment, homework research tasks. Class tests.	Past papers. Terminal external exam.	Controlled internal assessment.	Controlled internal assessment.	Controlled internal assessment.	Controlled internal assessment.

Building on Prior Learning	Sports Science formalises the broad range of skills and knowledge developed in KS3. Lessons in both practical and classroom settings utilise prior learning to accelerate the development of course-specific knowledge. The unitised course begins with the only unit to have an externally assessed terminal exam and then progresses on to a unit designed to develop the learners' ability to measure and improve their own fitness.
Links with other subjects	This subject links to PSHE, Health, Science, Psychology and Technology.
Extracurricular opportunities	Those in need of additional support can access this outside of curricular time (revision sessions, catch-up workshops). Students are encouraged to take part in Extra Curricular clubs and we offer a wide range of sports every term during lunchtime and after school. Students can represent the School competitively in a number of sports including Netball, Football, Cross Country, Athletics, Swimming, Orienteering as well as a variety of others through the School Games competitions. Other recreational activities include Badminton, Girls active, Dodgeball as well as House competitions.
A successful learner in this subject will demonstrate	This course provides learners with the opportunity to study key areas of sport science including anatomy and physiology linked to fitness, health, injury and performance; the science of training and application of training principles, and psychology in sport and sports performance. Learners will develop and apply this knowledge in a variety of assessment format, using detailed relevant examples to access Merit, Distinction and Distinction* marks for their work.
Impact on personal development	Learners will gain knowledge that prepares them to maintain personal safety while participating in sport and physical activity. They will be able to maintain their levels of fitness and be able to test and monitor their progress.



Ways to support student learning in this subject

- Encourage your child to complete homework.
- Engage them in conversations about their lessons.
- Ensure they have a revision timetable planning for the terminal exam.
- Assist them when they are revising and researching.
- Purchase the course text book.