

## Year 10– L2 CTEC Sport Science

The Sport Science course has been designed to build on knowledge and experience of PE and sport from Key Stage 3 and develop knowledge and understanding to help prepare students for further study of CTEC Sport at Level 3. The Unit 1 exam is completed in the first year of the course to provide a foundation of knowledge that students can build on to complete their coursework units. Unit 2 supports students in building on their knowledge of fitness testing and training from core PE (Year 8/9).

Methods of deepening and securing knowledge:	
Retrieval practice	Retrieval tasks are the most commonly used method to support long-term learning. Retrieval tasks are regularly used at the start of lessons to support students in recalling key information from knowledge organisers to include in their assignments.
Concrete examples	In every lesson students are encouraged to know specific sporting examples so they are able to easily apply their understanding to a range of sports activities and situations and include these concrete examples in their assignments.

	Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
Topic(s)	<b>Unit 1 Reducing the risk of sports injuries</b>		<b>Unit 2 Applying principles of training</b>			<b>Unit 3 The body's response to physical activity</b>
	<b>LO1 Factors affecting injury risk</b> - Extrinsic factors - Intrinsic factors  <b>LO2 Warm ups and cool downs</b> - Warm ups: - Benefits - Components - Cool down: - Benefits - Components - Specific needs to consider	<b>LO3 Responding to injuries in sport</b> - Acute and chronic injuries - Types, causes and treatment of: - Soft tissue - Overuse - Fractures - Concussion - Abrasions - Contusions - Blisters - Cramp - Injuries related to children	<b>LO1 Principles of training</b> - Principles of training: - Progression - Specificity - Reversibility - Moderation - Variance  <b>LO2 Training methods for fitness components</b> - Aerobic and anaerobic exercise	<b>LO3 Conducting fitness tests</b> - Test protocols - Fitness tests for each component of fitness - Maximal and submaximal tests - Test sequence - Interpreting fitness test results against normative data - Test validity and reliability	<b>LO4 Develop fitness training programmes</b> - Evaluating the effectiveness of fitness training programmes: - Re-testing - Self-reflection - Future improvements	<b>LO1 Musculo-skeletal (M-S) and cardio-respiratory (C-R) systems</b> - M-S system: - Bones - Muscles - Synovial joints - Types of movement - Muscular contractions

	<b>EH Quicksticks Leadership Certificate or RFU KS4 Young Leaders Award</b> - Qualities of a leader - Equipment and resources - Rules & officiating - Delivering activities - Organising a festival	- Responding to & treating injuries in sport - Emergency Action Plans  <b>LO4 Responding to common medical conditions</b> - Symptoms and how to respond to: - Asthma - Diabetes - Epilepsy	- Components of fitness - Specific training methods for: - Cardiovascular - Resistance - Power - Flexibility - Agility - Balance	<b>LO4 Develop fitness training programmes</b> - Fitness programme design: - Subject details - Aims and goals - Duration - Suitability - Organisation - Adaptability - Progression		
Assessment	- 8M risk factors - Assessment 1 - Deliver activities to small groups - Officiate games	- 8M acute and chronic injuries - Assessment 2 - Assessment 3 - PPE paper	- Task 1.1 Principles of training report - Task 1.2 Methods of training task cards	- Task 1.3 Fitness test cards, video and results report	- Task 1.4 Training diary	- Task 2.1a Posters on M-S system
CEIAG ( <i>Careers that are linked to that topic</i> )	Personal trainer Sports coach First aider		Personal trainer Sports coach			PE teacher Personal trainer

**Independent learning:**

Independent learning supports students to develop and deepen their learning to produce their very best work. There are different types of Independent learning set in CTEC Sport Science to help students prepare for their Unit 1 exam (e.g. practice exam questions, flipped learning tasks & retrieval revision tasks). Independent learning is also set to help students complete their coursework assignments (e.g. research tasks, mock assignments and responding to feedback to improve assignments).