**Sport Science Year Mapping – 2 Year KS4 - 2021-22**

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|  | **Term 1.1** | **Term 1.2** | **Term 2.1** | **Term 2.2** | **Term 3.1** | **Term 3.2** |
| **Year 10**  **Wk A – 2.5 hours**  **Wk B – 2.5 hours** | **R042**  **LO1** – The principles of training | **R042**  **LO2** – Know how training methods target different fitness components  **LO3** – Fitness testing *(start)* | **R042**  **LO3** – Fitness testing *(finish)*  **LO4** – Develop fitness training programmes *(start)* | **R042**  **LO4** – Develop fitness training programmes *(finish)*  **R041**  **LO1** – Different factors that influence the risk of injury | **R041**  **LO2** – How warm up and cool down routines can help to prevent injury  **LO3** – How to respond to injuries | **R041**  **LO4** – How to respond to common medical conditions |
| **Year 11**    **Wk A – 4 hours**  **Wk B – 2 hours** | **R045**  **LO1** – Know the nutrients needed for a healthy, balanced diet  **LO2** - Understand the importance of nutrition in sport *(start)* | **R045**  **LO2** - Understand the importance of nutrition in sport *(finish)*  **R041**  LO1/2/3/4 - MOCK EXAM AND FIRST FULL EXAM PREP | **R041**  LO1/2/3/4 - FIRST FULL EXAM PREP (January)  **R045**  **LO3** – Effects of a poor diet on sports performance  **L04** -Develop diet plans for performers | **R045**  **LO4** – Develop diet plans for performers  R046 –L01: Know how technology is used in sport. (no assessment in this Unit) | **\*\*\*ALL UNITS\*\*\***  Final amendments to LO1/2/3/4 for R042 and R045; revision for final exam attempt for R041 (June) |  |