**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 performersR046 –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) |  |