

**Sport Science Year Mapping – 2 Year KS4 - 2023-24**

	Term 1.1	Term 1.2	Term 2.1	Term 2.2	Term 3.1	Term 3.2
Year 10	<b>Week 1: Baseline assessment</b>	<b>Complete Task 2- Components of fitness applied in sport</b> Start Date: 16 <sup>th</sup> October Hand in date: Friday 8th December Assessment date: 15th December Intervention (Monday 15 <sup>th</sup> December -Friday 21st December)	<b>Unit R181 – Applying the Principles of training: fitness and how it affects skill performance</b> <b>Complete Topic Area 2 Task 3: Applying principles of training in sport</b> Start date: 11th December Hand in date: Friday 26th January Assessment date: Friday 2 <sup>nd</sup> February Intervention (Monday 5 <sup>th</sup> February -Friday 9 <sup>th</sup> February)	<b>Complete Topic Area 3 : Task 4 - Organising and Planning a fitness training programme</b>  Start date : Monday 29 <sup>th</sup> January Hand in date: Friday 1 <sup>st</sup> March Assessment date: Friday 8th March Intervention (Monday 11 <sup>th</sup> March -15 <sup>th</sup> March)	<b>Unit 180</b> -Reducing the risk of sports injuries and dealing with <b>common medical conditions</b>  <b>Topic Area 1</b> – Different factors which influence the risk and severity of injury. Start date: Monday 15 <sup>th</sup> April Assessment: Week commencing Tuesday 7 <sup>th</sup> May  <b>Start Topic Area 2</b> -Warm Up and Cool Down Routines  Start day: Tuesday 7 <sup>th</sup> May Assessment : Week commencing Monday 20 <sup>th</sup> May  Monday 3 <sup>rd</sup> June (Year 10 exam L01 and L02)	<b>Unit 180-</b> Reducing the risk of sports injuries and dealing with <b>common medical conditions</b>  <b>Topic Area 3</b> – Different types and causes of sports injuries  Start date: Week commencing 20 <sup>th</sup> May Assessment Week: Monday 1 <sup>st</sup> July Intervention (Monday 1 <sup>st</sup> July for L01/2/3)
Wk A – 2.5 hours	<b>Unit R181 – Applying the Principles of training : fitness and how it affects skill performance.</b>	<b>Start Topic Area 2 – Task 3: Applying principles of training in sport</b> Start date: Monday 11 <sup>th</sup> December Hand in date: Friday 26th January Assessment date: Friday 2 <sup>nd</sup> February Intervention (Monday 5th February-Friday	<b>Start Topic Area 3 : Task 4 - Organising and Planning a fitness training programme</b>  Start date : Monday 29 <sup>th</sup> January Hand in date: Friday 1 <sup>st</sup> March Assessment date: Friday 8th March Intervention (Monday 11 <sup>th</sup> March -15 <sup>th</sup> March)	<b>Topic Area 4 : Task 5 – Evaluate own performance in planning and delivery of a fitness training programme.</b>  Start date: Monday 4 <sup>th</sup> March Hand in date: Friday 15 <sup>th</sup> March Assessment date: Friday 22nd March Intervention (Monday 25 <sup>th</sup> -28 <sup>th</sup> March)		
Wk B – 2.5 hours	<b>Topic Area 1 (Task 1)– Components of fitness applied in sport</b>  Start date: 1 <sup>st</sup> September Hand in date: 13th October Assessment date:20th October Monday 30 <sup>th</sup> October-Friday 3 <sup>rd</sup> November (Intervention week on Task 1)  <b>Topic Area 1 (Start Task 2)- Components of fitness applied in sport</b> Start Date: 16th October Hand in date: Friday 8th December Assessment date: 15 <sup>th</sup> December Intervention (Monday 18 <sup>th</sup> December -Friday 21st December)					

	Homework on Shuttleworth app will consist of questions/activities related to Unit 181 (Topic Area 1 and 2) linked to Knowledge tests on Boost Learning.	Homework on Shuttleworth app will consist of questions/activities related to Unit 181 (Topic Area 2 and 3) linked to Knowledge Tests on Boost Learning.	Homework on Shuttleworth App will consist of questions/activities related to Unit R181 (Topic Area 3 and 4) linked to Knowledge Tests on Boost Learning.	Homework on Shuttleworth App will consist of questions/activities related to Unit R181 (Topic Area 4 and 5) linked to Knowledge Tests on Boost Learning.	Homework on Shuttleworth App will consist of questions/activities related to Unit 180 and Knowledge tests on Boost Learning (Topic Area1 and 2)	Homework on Shuttleworth App will consist of questions/activities related to Unit 180 and Knowledge tests on Boost Learning (Topic Area 3)
<b>Year 11</b>  <b>Wk A – 4 hours</b>  <b>Wk B – 2 hours</b>	<b>Topic Area 4 – Reducing risk, treatment and rehabilitation of sports injuries and medical conditions.</b>  Start date: Monday 2 <sup>nd</sup> September	<b>Unit R183 – Nutrition and Sports Performance</b>  <b>Topic Area 1</b> -Nutrients needed for a healthy balanced diet	<b>Unit 180 Revision for mock exam</b>  <b>Start Topic Area 3</b> - Developing a balanced nutrition plan for a selected sporting activity.	<b>Topic Area 4-</b> How nutritional behaviours can be managed to improve sports performance  <b>Start date: 13<sup>th</sup> Jan</b> <b>Hand in date:10<sup>th</sup> Feb</b> <b>Assessment date: 24<sup>th</sup> Feb</b>	<b>R180:</b> Reducing the risk of sports injuries and dealing with common medical conditions (revisit Topic areas 1 ,2, 3, 4 and 5 in prep for Final exam)	

	<p>Assessment Week: Monday 23<sup>rd</sup> September</p> <p>Homework on Shuttleworth App will consist of questions/activities related to Unit 180 and Knowledge tests on Boost Learning (Topic Area 4 )</p> <p><b>Unit 180</b> -Reducing the risk of sports injuries and dealing with <b>common medical conditions</b></p> <p><b>Topic Area 5 – Causes, symptoms and treatment of medical conditions</b></p> <p><b>Start date: Monday 23<sup>rd</sup> September</b>  <b>Assessment Week: Monday 14<sup>th</sup> October</b></p>	<p><b>Start Date: Monday 14<sup>th</sup> October</b>  <b>Hand in date: Monday 11<sup>th</sup> November</b>  <b>Assessment date: 15th November</b>  <b>Intervention week commencing (18<sup>th</sup> November-22<sup>nd</sup> November)</b>  Homework on Shuttleworth App will consist of questions/activities related to Unit R183 (Topic Area 1) linked to Knowledge Tests in Boost Learning.  <b>Start Topic area 2 –</b> Applying differing dietary requirements to varying types of sporting activity</p> <p><b>Start date: Monday 11<sup>th</sup> November</b>  <b>Hand in date: 2<sup>nd</sup> December</b>  <b>Assessment date: Monday 9<sup>th</sup> December</b>  <b>Intervention week commencing 9<sup>th</sup> December -13<sup>th</sup> December</b></p>	<p><b>Start date: Monday 2<sup>nd</sup> December</b>  <b>Hand in date: Monday 13<sup>th</sup> Jan</b>  <b>Assessment date: Monday 13<sup>th</sup> Jan</b>  <b>Intervention week commencing Monday 13<sup>th</sup> Jan-17<sup>th</sup> Jan</b>  Homework on Shuttleworth App will consist of questions/activities related to Unit R183 (Topic Area ` ) linked to Knowledge Tests in Boost Learning.</p> <p><b>Unit R183 – Nutrition and Sports Performance</b></p> <p><b>Topic Area 4-</b> How nutritional behaviours can be managed to improve sports performance</p> <p><b>Start date: Monday 13<sup>th</sup> January</b>  <b>Hand in date: Monday 10<sup>th</sup> Feb</b>  <b>Assessment date: Monday 24<sup>th</sup> Feb</b>  <b>Intervention Week commencing Monday 24<sup>th</sup> Feb -28<sup>th</sup> Feb</b></p>	<p><b>Intervention week commencing: 24<sup>th</sup> Feb-28<sup>th</sup> Feb</b></p> <p>Homework on Shuttleworth App will consist of questions/activities related to Unit R183 (Topic Area 4) linked to Knowledge Tests on Boost Learning.</p> <p><b>R180:</b> Reducing the risk of sports injuries and dealing with common medical conditions (revisit Topic areas 1 ,2, 3, 4 and 5 in prep for Final exam)</p>		
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	Homework on Shuttleworth App will consist of questions/activities related to Unit 180 and Knowledge tests on Boost Learning (Topic Area 5)	Homework on Shuttleworth App will consist of questions/activities related to Unit R183 (Topic Area 2 ) linked to Knowledge Tests in Boost Learning.	Homework on Shuttleworth App will consist of questions/activities related to Unit R183 (Topic Area 4 ) linked to Knowledge Tests in Boost Learning.			
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