

**Sport Science Year Mapping – 2 Year KS4 - 2023-24 (current Year 11)**

|                  | Term 1.1  | Term 1.2  | Term 2.1   | Term 2.2  | Term 3.1  | Term 3.2   |
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| Year 10          | <b>Unit R181 – Applying the Principles of training : fitness and how it affects skill performance</b>   | <b>Complete Task 2- Components of fitness applied in sport</b><br>Start Date: 14 <sup>th</sup> October<br>Hand in date: 9 <sup>th</sup> December<br>Assessment date: 15 <sup>th</sup> December              | <b>Unit R181 – Applying the Principles of training: fitness and how it affects skill performance</b><br><b>Complete Topic Area 2 Task 3: Applying principles of training in sport</b><br>Start date: 9 <sup>th</sup> December<br>Hand in date: 23 <sup>rd</sup> January<br>Assessment date: 27 <sup>th</sup> January | <b>Complete Topic Area 3 : Task 4 - Organising and Planning a fitness training programme</b><br><br>Start date : 23 <sup>rd</sup> January<br>Hand in date: Friday 24 <sup>th</sup> February<br>Assessment date: 3 <sup>rd</sup> March<br><br><b>Topic Area 4 : Task 5 – Evaluate own performance in planning and delivery of a fitness training programme.</b><br><br>Start date: Friday 24 <sup>th</sup> Feb<br>Hand in date: Friday 10 <sup>th</sup> March<br>Assessment date: Friday 17 <sup>th</sup> March<br><br><b>Unit R181 – Applying the Principles of training: fitness and how it affects skill performance</b><br>(13 <sup>th</sup> -17 <sup>th</sup> March will be dedicated to catch up time/intervention on this Unit)<br><br>Homework on Shuttleworth App will consist of | <b>Unit 180 -Reducing the risk of sports injuries and dealing with common medical conditions</b><br><br><b>Topic Area 1 – Different factors which influence the risk and severity of injury.</b><br><br>Homework on Shuttleworth App will consist of questions/activities related to Unit 180 and Knowledge tests on Boost Learning (Topic Area 1)<br><br><b>Start Topic Area 2 -Warm Up and Cool Down Routines</b><br><br>Homework on Shuttleworth App will consist of questions/activities related to Unit 180 and Knowledge tests on Boost Learning (Topic Area 2) | <b>Unit 180- Reducing the risk of sports injuries and dealing with common medical conditions</b><br><br><b>Complete Topic Area 2 – Warm up and Cool Down Routines</b><br>Homework on Shuttleworth App will consist of questions/activities related to Unit 180 and Knowledge tests on Boost Learning (Topic Area 2)<br><br><b>Topic Area 3 – Different types and causes of sports injuries</b><br><br>Homework on Shuttleworth App will consist of questions/activities related to Unit 180 and Knowledge tests on Boost Learning (Topic Area 3) |
| Wk A – 2.5 hours |   |   |  |   |   |  |
| Wk B – 2.5 hours | <b>Topic Area 1 (Task 1)– Components of fitness applied in sport</b><br><br>Start date: 1 <sup>st</sup> September<br>Hand in date: 14 <sup>th</sup> October<br>Assessment date: 21 <sup>st</sup> October<br><br><b>Topic Area 1 (Start Task 2)- Components of fitness applied in sport</b><br>Start Date: 14 <sup>th</sup> October<br>Hand in date: 15 <sup>th</sup> December<br>Assessment date: 16 <sup>th</sup> December | <b>Start Topic Area 2 – Task 3: Applying principles of training in sport</b><br>Start date: 9 <sup>th</sup> December<br>Hand in date: 23 <sup>rd</sup> January<br>Assessment date: 27 <sup>th</sup> January | <b>Start Topic Area 3 : Task 4 - Organising and Planning a fitness training programme</b><br><br>Start date : 23 <sup>rd</sup> January<br>Hand in date: Friday 24 <sup>th</sup> February<br>Assessment date: 3 <sup>rd</sup> March   |   |   |  |

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|  | 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.   | questions/activities related to Unit R183 (Topic Area 1 and 2) linked to Knowledge Tests on Boost Learning.  |  |  |
| <b>Year 11</b><br><br><b>Wk A – 4 hours</b><br><br><b>Wk B – 2 hours</b> | <b>Topic Area 3 – Different types and causes of sports injuries</b><br><br>Homework on Shuttleworth App will consist of questions/activities related to Unit 180 and Knowledge tests on Boost Learning (Topic Area 3)<br><br><b>Start date:</b> Monday 4 <sup>th</sup> September<br><b>Assessment date:</b> Monday 18 <sup>th</sup> September<br><br><b>Topic Area 4 – Reducing risk, treatment and rehabilitation</b> | <b>Unit R183</b> – Nutrition and Sports Performance<br><br><b>Topic Area 1</b> -Nutrients needed for a healthy balanced diet<br><br><b>Start Date:</b> Monday 30 <sup>th</sup> October<br><b>Hand in date:</b> Monday 20 <sup>th</sup> November<br><b>Assessment date:</b> Tuesday 28 <sup>th</sup> November<br><b>Intervention week: Tuesday 28<sup>th</sup> November -Friday 1<sup>st</sup> December</b><br>Homework on Shuttleworth App will consist of | <b>Unit 180 Revision for mock exam</b><br><br><b>Unit R183</b> – Nutrition and Sports Performance<br><br><b>Start Topic Area 3</b> – Developing a balanced nutrition plan for a selected sporting activity.<br><b>Start date:</b> Monday 8 <sup>th</sup> Jan<br><b>Hand in date:</b> Monday 29 <sup>th</sup> Jan<br><b>Assessment date:</b> Monday 5 <sup>th</sup> Feb | <b>Unit R183</b> – Nutrition and Sports Performance<br><br><b>Topic Area 4-</b> How nutritional behaviours can be managed to improve sports performance<br><br><b>Start date: Monday 19<sup>th</sup> Feb</b><br><b>Hand in date:</b> Monday 11 <sup>th</sup> March<br><b>Assessment date:</b> Monday 18 <sup>th</sup> March<br>Intervention (week commencing 18 <sup>th</sup> March- 22 <sup>nd</sup> March) | <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) |  |

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|  | <p><b>of sports injuries and medical conditions.</b></p> <p><b>Start date:</b> Tuesday 9<sup>th</sup> September<br/> <b>Assessment date:</b> Monday 2<sup>nd</sup> October</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><br/> Homework on Shuttleworth App will consist of questions/activities related to Unit 180 and Knowledge tests on Boost Learning (Topic Area 5)</p> <p><b>Start date:</b> Monday 3<sup>rd</sup> October<br/> <b>Assessment date:</b> Monday 16<sup>th</sup> October<br/> Intervention week (17<sup>th</sup> -20<sup>th</sup> October)</p> <p>End of Unit Exam</p> | <p>questions/activities related to Unit R183 (Topic Area 1 ) linked to Knowledge Tests in Boost Learning.<br/> <b>Start Topic area 2 –</b> Applying differing dietary requirements to varying types of sporting activity</p> <p><b>Start date:</b> Monday 20<sup>th</sup> November<br/> <b>Hand in date:</b> Monday 11<sup>th</sup> December<br/> <b>Assessment date:</b> Monday 18<sup>th</sup> December<br/> <b>Intervention :(18<sup>th</sup> December -21<sup>st</sup> December)</b></p> <p>Homework on Shuttleworth App will consist of questions/activities related to Unit R183 (Topic Area 2 ) linked to Knowledge Tests in Boost Learning.</p> <p><b>Revision for mock Exam (R180)</b><br/> Monday 11<sup>th</sup> December -15<sup>th</sup> December</p> | <p>Intervention (week commencing 5<sup>th</sup> Feb-9<sup>th</sup> Feb)<br/> Homework on Shuttleworth App will consist of questions/activities related to Unit R183 (Topic Area 3 ) linked to Knowledge Tests in Boost Learning.</p> <p><b>R180 Revision week</b> focussing on extended questions (29<sup>th</sup> Jan -2<sup>nd</sup> Feb)</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> |  |  |
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