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
Year 10	Unit R181 – Applying the	Complete Task 2-	Unit R181 – Applying	Complete Topic Area 3:	Unit 180 -Reducing the risk	Unit 180- Reducing
	Principles of training: fitness	Components of fitness	the Principles of	Task 4	of sports injuries and dealing	the risk of sports
Wk A –	and how it affects skill	applied in sport	training: fitness and	- Organising and Planning	with common medical	injuries and dealing
2.5 hours	<mark>performance</mark>	Start Date: 14th October	how it affects skill	<mark>a fitness training</mark>	conditions	with common
		Hand in date: 9th	<mark>performance</mark>	<mark>programme</mark>		medical conditions
Wk B – 2.5	Topic Area 1 (Task 1)-	<mark>December</mark>	Complete Topic Area 2		Topic Area 1 – Different	Complete Toute
hours	Components of fitness	Assessment date: 15th	Task 3: Applying	Start date : 23 rd January	factors which influence the	Complete Topic
	applied in sport	<mark>December</mark>	principles of training in	Hand in date: Friday 24 th	risk and severity of injury.	Area 2 – Warm up and Cool Down
			<mark>sport</mark>	<mark>February</mark>		Routines
	Start date: 1 st September		<mark>Start date: 9th</mark>	Assessment date: 3rd		Homework on
	Hand in date: 14 th October	Start Topic Area 2 -	<mark>December</mark>	<mark>March</mark>	Homework on	Shuttleworth App
	Assessment date: 21st	Task 3: Applying	Hand in date:23 rd		Shuttleworth App will	will consist of
	<u>October</u>	principles of training in	<mark>January</mark>	Topic Area 4 : Task 5 –	consist of	questions/activities
		<mark>sport</mark>	Assessment date:27 th	<mark>Evaluate own</mark>	questions/activities	related to Unit 180
		Start date: 9 th	<mark>January</mark>	performance in planning	related to Unit 180 and	and Knowledge
	Topic Area 1 (Start Task 2)-	<mark>December</mark>		and delivery of a fitness	Knowledge tests on Boost	tests on Boost
	Components of fitness	Hand in date:23 rd	Start Topic Area 3:	training programme.	Learning (Topic Area 1)	Learning (Topic
	applied in sport	<mark>January</mark>	Task 4			Area 2)
	Start Date: 14 th October	Assessment date:27 th	- Organising and	Start date: Friday 24 th Feb	S	Alca Zj
	Hand in date: 15 th December	<mark>January</mark>	Planning a fitness	Hand in date: Friday 10 th	Start Topic Area 2 -Warm Up and Cool Down Routines	
	Assessment date: 16th		training programme	March	op and cool bown Routines	
	<mark>December</mark>			Assessment date: Friday		
			Start date : 23 rd January	17 th March		Topic Area 3 –
			Hand in date: Friday		Homework on	Different types
			24 th February	Unit R181 – Applying the	Shuttleworth App will	and causes of
			Assessment date: 3rd	Principles of training:	consist of	sports injuries
			<mark>March</mark>	fitness and how it affects	questions/activities	Sports injuries
				skill performance	related to Unit 180 and	Homework on
				(13 th -17 th March will be	Knowledge tests on Boost	Shuttleworth App
				dedicated to catch up	Learning (Topic Area 2)	will consist of
				time/intervention on this Unit)		questions/activities
				Unit		related to Unit 180
						and Knowledge
				Homework on		tests on Boost
						Learning (Topic
				Shuttleworth App will		Area 3)
				consist of		1 3 3 3 7

	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.		
Year 11	Topic Area 3 – Different types and causes of sports	Unit R183 – Nutrition and Sports Performance	Unit 180 Revision for mock exam	Unit R183 – Nutrition and Sports Performance	R180: Reducing the risk of sports injuries and dealing	
	injuries				with common medical	
Wk A – 4		Topic Area 1 - Nutrients	Unit R183 – Nutrition	Topic Area 4- How	conditions (revisit Topic	
hours	Homework on Shuttleworth	needed for a healthy	and Sports Performance	nutritional behaviours can	areas 1,2, 3, 4 and 5 in prep for Final exam)	
144 5 6	App will consist of	balanced diet		be managed to improve	Tor Tillar Charling	
Wk B – 2 hours	questions/activities related to Unit 180 and Knowledge	Start Date: Monday 30 th	Start Topic Area 3 – Developing a balanced	sports performance		
liours	tests on Boost Learning	October	nutrition plan for a	Start date: Monday 19 th		
	(Topic Area 3)	Hand in date: Monday	selected sporting	Feb		
	· ' /	20 th November	activity.	Hand in date: Monday 11 th		
	Start date: Monday 4 th	Assessment date:	Start date: Monday 8 th	March		
	September	Tuesday 28 th November	Jan	Assessment date: Monday		
	Assessment date: Monday	Intervention week:	Hand in date: Monday	18 th March		
	18 th September	Tuesday 28 th November	29 th Jan	Intervention (week		
	Tomic Augus 4 - Badication of d	-Friday 1 st December	Assessment date:	commencing 18 th March-		
	Topic Area 4 – Reducing risk, treatment and rehabilitation	Homework on	Monday 5 th Feb	22 nd March)		
	treatment and renabilitation	Shuttleworth App will consist of				

of sports injuries and medical conditions.

Start date: Tuesday 9th

September

Assessment date: Monday

2nd October

Homework on Shuttleworth App will consist of questions/activities related to Unit 180 and Knowledge tests on Boost Learning (Topic Area 4)

Unit 180 -Reducing the risk of sports injuries and dealing with common medical conditions

Topic Area 5 – Causes, symptoms and treatment of medical conditions

Homework on Shuttleworth App will consist of questions/activities related to Unit 180 and Knowledge tests on Boost Learning (Topic Area 5)

Start date: Monday 3rd

October

Assessment date: Monday

16th October

Intervention week (17th -20th

October)

End of Unit Exam

questions/activities related to Unit R183 (Topic Area 1) linked to Knowledge Tests in Boost Learning.

Start Topic area 2 –

Applying differing dietary requirements to varying types of sporting activity

Start date: Monday 20th November

Hand in date: Monday 11th December

Assessment date:Monday 18th December

Intervention :(18th December -21st

December)

Homework on
Shuttleworth App will
consist of
questions/activities
related to Unit R183
(Topic Area 2) linked to
Knowledge Tests in
Boost Learning.

Revision for mock Exam (R180)

Monday 11th December

-15th December

Intervention (week commencing 5th Feb-9th Feb)
Homework on
Shuttleworth App will consist of questions/activities related to Unit R183 (Topic Area 3) linked to Knowledge Tests in Boost Learning.

R180 Revision week

focussing on extended questions (29th Jan -2nd Feb) Homework on Shuttleworth App will consist of questions/activities related to Unit R183 (Topic Area 4) linked to Knowledge Tests on Boost Learning.