

Key Stage Four Carre's Grammar School - Physical Education Curriculum – Cambridge Nationals Level 1/Level 2 Sport Science

	Autumn 1	Autumn 2	Spring 3	Spring 4	Summer 5	Summer 6
<b>Year 10</b>	<p>RO42 – Applying principles of training</p> <p>LO1 – Know the principles of training in a sporting context</p> <p>LO2 – Know how training methods target different fitness components</p>	<p>RO42 – Applying principles of training</p> <p>LO3 – Fitness testing</p> <p>LO4 – Training programmes</p>	<p>RO41 – Reducing the risk of sports injuries</p> <p>LO1 – Understand different factors which influence the risk of injury</p> <p>LO2 – Warm up and cool down</p>	<p>RO41 – Reducing the risk of sports injuries</p> <p>LO3 – Know how to respond to injuries within a sporting context</p> <p>LO4 – Know how to respond to common medical conditions</p>	<p>RO41 – Reducing the risk of sports injuries</p> <p>Lessons before the students sit their written paper will be devoted to revision and exam technique.</p> <p>RO42 – Applying principles of training</p> <p>Lessons after the written paper will be devoted to the completion of the RO42 centre-assessed task. Students can revisit their work and add synoptic content from the RO41 specification.</p>	<p>RO46 – Technology in sport</p> <p>LO1 – Know how technology is used in sport</p> <p>LO2 – Understand the positive effects of sports technology</p> <p>LO3 - Understand the negative effects of sports technology</p>
	<p>This unit is assessed via a centre-assessed coursework task.</p> <p>Students will complete tasks devoted to each Learning Outcome at the end of each unit of work. Each individual piece of work will eventually be combined to form their coursework submission for RO42.</p>	<p>This unit is assessed with a 1 hour written paper in Summer 5.</p> <p>Students will sit end of unit tests for each Learning Outcome. These do not count towards the students' overall grade, but will be used to inform tracking, monitoring and intervention and to help students prepare for the written paper in Summer 5.</p>	<p>Students will sit the written paper for RO41 in May.</p> <p>Students will submit their final RO42 centre-assessed task at the end of Summer 6.</p> <p>Students will complete a project over the summer holidays that evaluates impact of technology in a sport of their choice.</p>			

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<b>Year 11</b>	<p>RO46 – Technology in sport</p> <p>LO4 – Be able to evaluate the impact of technology in sport</p>	<p>RO46 – Technology in sport</p> <p>Students will complete their final draft of the centre-assessed task</p> <p>RO44 – Sport psychology</p> <p>LO1 – Understand the relationship between personality and sports performance</p>	<p>RO44 – Sport psychology</p> <p>LO2 – Know how motivation can affect sports performance.</p> <p>LO3 – Know how aggression can affect sports performance.</p>	<p>RO44 – Sport psychology</p> <p>LO4 – Understand the impact of arousal and anxiety on sports performance</p> <p>LO5 – Be able to apply sport psychology strategies to enhance sports performance</p>	<p>Final drafts of centre-assessed tasks for RO46 and RO44 will be completed and submitted.</p> <p><b>END OF COURSE</b></p>
	<p><b>RO46 - Students will review their summer project and amend as appropriate once all content for RO46 has been covered</b></p> <p><b>RO44 - Students will complete the centre-assessed task devoted to LO1. This piece of work will eventually be combined with works from LO2-LO5 to form their coursework submission for RO44</b></p>	<p><b>RO41 – Reducing the risk of sports injuries</b> <b>Amy student who requires a resit of the written paper will sit it at the start of Spring 3.</b></p> <p><b>RO44 – Students will complete the centre-assessed task devoted to LO2-LO5. These pieces of work will eventually be combined with their work from LO1 to form their coursework submission for RO44</b></p>			