

Year 9 Sport Learning Journey

Term 1 - Body Systems

- Musculo-skeletal system
 - Muscles
 - Bones
 - Joints and movement
- Cardio-respiratory system
 - Heart
 - Lungs
 - Blood and blood vessels
- Assessment



Term 3 & 4 - Injuries

- Factors that influence injury
 - Extrinsic
 - Individual variables
 - Psychological
 - Warm up and Cool downs
- Types and Treatments
 - Acute and Chronic
 - PRICE and SALTAPS
 - DRABC and recovery position
- Medical Conditions
 - Asthma, Epilepsy and Diabetes
 - SCA and Hypothermia
- Assessment



Term 6 - Personal training

- Fitness testing
 - Fitness test
 - Evaluating results
- Planning
 - Considerations
 - Training methods
 - Warm ups
 - Session planning
- Assessment



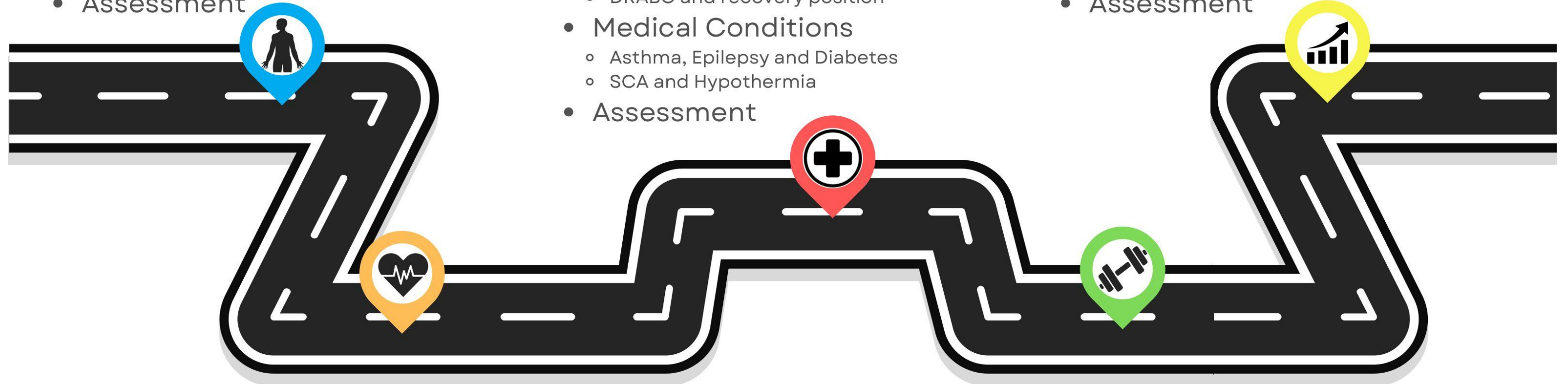
Term 2 - Effects of Exercise

- Short term effects of exercise
 - Musculo-skeletal system
 - Respiratory system
 - Cardio-vascular system
- Long term effects of exercise
 - Strength based exercise
 - Endurance exercise
- Assessment



Term 5 - Fitness training

- Components of Fitness
 - Skill-related
 - Health-related
- Training methods
 - Cardiovascular training
 - Resistance training
 - Power training
 - Flexibility and Agility training
- Assessment





Progress onto Year 11

Topic Area 2: The musculo-skeletal system and how the use of technology supports different types of sports and their movements

2.2 Musculo-skeletal sports technology

- Inform how musculo skeletal is responding
- Benefits and drawbacks on sports performer



Topic Area 2: The musculo-skeletal system and how the use of technology supports different types of sports and their movements

2.1 The components and role of the musculo-skeletal system in producing movement

- Different components
- The role of the components in producing the types of movement

Topic Area 1: The cardio-respiratory system and how the use of technology supports different types of sports and their intensities

1.2 Cardio-respiratory sports technology

- Inform how cardio respiratory is responding
- Information on long term participation
- Benefits and drawbacks on sports performer

Topic Area 3: Organising and planning a fitness training programme

3.2. Planning a fitness-based training programme

- Elements of training programmes
- How to monitor progress and adapt a programme



Topic Area 3: Organising and planning a fitness training programme

3.1 Factors when designing a fitness training programme

- Considerations to inform planning
- Applying principles of training



YEAR 10 PARENTS EVENING (Early March)

Topic Area 4: Evaluate own performance in planning and delivery of a fitness training programme

4.1 Effectiveness of a fitness training programme

- Reflections on the fitness training programme
- Strengths and areas for improvement
- Further suggestions for improvements

R182: The body's response to physical activity and how technology informs this

- Coursework based unit (3 tasks, 40 marks)
- Cardiorespiratory system, Musculo-skeletal system, technology and effects of exercise



Summer Term

R182

Topic Area 3: Organising and planning a fitness training programme

3.3 Recording results from fitness training programme

- Post programme tests
- Achievement recognised

Topic Area 1: The cardio-respiratory system and how the use of technology supports different types of sports and their intensities

1.1 Components, function and role of cardio-respiratory system during exercise

- Components
- Function and role



Spring Term

Topic Area 2: Principles of training in sport

2.2 Methods of training and their benefits

- Advantages and disadvantages of the structure of each training method
- Aerobic and anaerobic exercise

Topic Area 2: Principles of training in sport

2.1 Principles of training and goal setting in a sporting context

- The definition and application of each principle of training and goal setting

Topic Area 1: Components of fitness applied in sport

1.3 Application of components of fitness to skill performance

- Devising skill-based fitness tests
- Conduct the tests devised
- How to record results of skill-based fitness tests

Topic Area 1: Components of fitness applied in sport

1.2 Assess components of fitness

- Fitness tests for components of fitness
- Collect and interpret the results of fitness tests
- Strengths and areas of improvement of each fitness component

Autumn Term

BACK TO SCHOOL



Your CNAT Sport Science Journey starts here ...

Introduction to Sport Science

- What is CNAT Sport Science?
- Expectations of the course and Overview of what's ahead

R181 – Applying principles of training: fitness and how it effects performance

- Coursework based unit (5 tasks, 60 marks)
- Components of Fitness, Principles of training, Training methods, Fitness testing, Training programme/review

Topic Area 1: Components of fitness applied in sport

1.1 Relevance of components of fitness to different sports

- The definition of, and suitable fitness tests used, to measure each component of fitness
- Fitness component requirements of sports
- Justification of most important components of fitness



- **Cambridge Technical Level 3 Extended Certificate in Sport and Physical Activity (OCR)**
- Equivalent to 1 A Level (2 Year course)
- **Entry requirements** - GCSE Grade 4 or CNAT/BTEC Level 2 Pass. GCSE Grade 4 in Combined Science Trilogy, or Biology, Chemistry or Physics
- **Course description** - This qualification aims to develop students' knowledge, understanding and skills of the principles of Sport and Physical Activity. Students will gain an insight into the sector as they investigate opportunities for delivering sport and physical activity to a wide range of participants, whether it is to mobilise sedentary people to improve their health and wellbeing or to support regular participants to improve their performance and fitness.

6th form

New journey begins

6th form/College



CNAT SPORT ACTUAL EXAM



FINAL COURSEWORK MODERATION WINDOW (Early May)

Topic Area 4: Reducing risk, treatment and rehabilitation of sports injuries and medical conditions

- 4.1 Measures to reduce risk**
- Safety checks
 - Strategies
 - EAPs



Topic Area 5: Causes, symptoms and treatment of medical condition

- 5.1 Asthma, symptoms and treatment
- 5.2 Diabetes (Type 1 & 2), causes, symptoms & treatment
- 5.3 Epilepsy, causes, symptoms & treatment
- 5.4 SCA, causes, symptoms & treatment
- 5.5 Hypothermia, Heat exhaustion, Dehydration



Preparing for CNAT Sport exam

- Revision lessons
- Home revision
- 8-mark question practice
- 1 hr 15 mins 70 marks



Year 11 GCSE EXAMS

Summer Term

Topic Area 3: Different types and causes of sports injuries

- 3.2 Chronic injuries**
- Chronic Injuries
 - Tendonitis
 - Epicondylitis
 - Shin splints
 - Stress fractures



Topic Area 4: Reducing risk, treatment & rehabilitation of sports injuries & medical conditions

- 4.2 Responses**
- SALTAPS, DRABC, PRICE, Recovery position, X-rays
 - Other treatments, Psychological effects

Topic Area 2: Warm up and cool down routines

- 2.2 Physiological and psychological benefits of a warm up**
- Physiological benefits
 - Psychological benefits

Topic Area 2: Warm up and cool down routines

- 2.1 Key components of a warm up**
- Key components of a warm up



Spring Term

Topic Area 3: Different types and causes of sports injuries

- 3.1 Acute injuries**
- Overview of acute injuries
 - Soft tissue and hard tissue injuries
 - Strains and Sprains
 - Skin damage
 - Fractures
 - Dislocations
 - Head injuries

- Topic Area 2: Warm up and cool down routines**
- 2.4 Physiological benefits of a cool down**
- Physiological benefits

- Topic Area 2: Warm up and cool down routines**
- 2.3 Key components of a cool down**
- Pulse lowering
 - Stretching

Topic Area 4: Long-term effects of exercise on the cardio-respiratory and musculoskeletal systems

- 3.1 The different short-term effects of exercise on the cardio-respiratory and musculo-skeletal systems**
- Changes in the cardio respiratory system
 - Changes in the musculo skeletal system

Topic Area 1: Different factors which influence the risk and severity of injury

- 1.2 Intrinsic factors**
- Individual variables
 - Psychological factors
 - Reasons for aggression
 - Mental strategies

Topic Area 1: Different factors which influence the risk and severity of injury

- 1.1 Extrinsic factors**
- Types of sports activity
 - Coaching/Instructing/ Leading
 - Environment
 - Equipment



Autumn Term



Recap work completed so far

- Where did we finish in Year 10
- What do we have left to complete
- Go through trackers
- Discuss progress towards targets



Topic Area 3: Short-term effects of exercise on the cardio-respiratory and musculoskeletal systems

- 3.1 The different short-term effects of exercise on the cardio-respiratory and musculo-skeletal systems**
- Changes in the cardio respiratory system
 - Changes in the musculo skeletal system

R180: Reducing the risk of sports injuries and dealing with common medical conditions

- Theory lessons
- Revision
- Mock PPE and 8-mark question practice
- Actual 1 hour 15 minutes (70 marks)

Your CNAT Sport Science continues here ...