

Exam board: OCR Cambridge Nationals Sports Science PE			
	Year 9	Year 10	Year 11
Autumn term	<p><b>Sports Nutrition Task 1 (coursework)</b></p> <ul style="list-style-type: none"> <li>Seven components of a balanced diet.</li> <li>Macronutrients and micronutrients.</li> <li>The effects of a balanced diet on sports performance.</li> </ul>	<p><b>Principles of Training Task 1 (coursework)</b></p> <ul style="list-style-type: none"> <li>Understand the principles of training.</li> <li>To understand how the principles of training can improve sports performance.</li> </ul>	<p><b>Technology in Sport Task 1 (coursework)</b></p> <ul style="list-style-type: none"> <li>Understand how technology has improved performance in sport through:               <ul style="list-style-type: none"> <li>Stadiums.</li> <li>The media.</li> <li>Clothing/footwear.</li> <li>Equipment.</li> <li>Rehabilitation.</li> </ul> </li> <li><b>Sports injuries (exam)</b> <ul style="list-style-type: none"> <li>Poor Posture (causes).</li> <li>Kyphosis, Lordosis, Scoliosis, Round Shoulders.</li> <li>SALTAPS.</li> <li>EAP.</li> </ul> </li> </ul>
Spring term	<p><b>Sports Nutrition Task 2 (coursework)</b></p> <ul style="list-style-type: none"> <li>The benefits of nutrition for:               <ul style="list-style-type: none"> <li>A footballer.</li> <li>Basketball player.</li> <li>Marathon runner.</li> <li>Weight lifter/sumo wrestler.</li> <li>Supplements as part of an athlete's diet.</li> </ul> </li> <li>The negative effects of supplements on sports performance.</li> </ul>	<p><b>Principles of Training Task 2 (coursework)</b></p> <ul style="list-style-type: none"> <li>To know the difference skill related components of fitness.</li> <li>To know the different health related components of fitness.</li> <li>To know the different training methods and the components of fitness that they can improve.</li> <li>To understand how training methods can improve an athletes strengths and weaknesses.</li> </ul>	<p><b>Technology in Sport Task 2 (coursework)</b></p> <ul style="list-style-type: none"> <li>Positive and Negatives of technology in sports:               <ul style="list-style-type: none"> <li>Stadiums.</li> <li>The media.</li> <li>Clothing/footwear.</li> <li>Equipment.</li> <li>Rehabilitation.</li> </ul> </li> <li><b>Sports injuries (exam)</b> <ul style="list-style-type: none"> <li>Acute/chronic injuries.</li> <li>Hard/soft tissue injuries.</li> <li>Risk assessment.</li> <li>Warm up.</li> <li>Cool down.</li> <li>Benefits of a warm up/cool down.</li> </ul> </li> </ul>

## CURRICULUM OVERVIEW: KS4 OCR PE

<b>Summer term</b>	<p><b>Sport Nutrition Task 3 (coursework)</b></p> <ul style="list-style-type: none"> <li>• Explaining how the four components below can affect sports performance.             <ul style="list-style-type: none"> <li>○ Malnutrition.</li> <li>○ Dehydration.</li> <li>○ Undereating.</li> <li>○ Overeating.</li> </ul> </li> </ul>	<p><b>Principles of Training Task 3 (coursework)</b></p> <ul style="list-style-type: none"> <li>• To test a person's components of fitness using various fitness tests.</li> <li>• Record the results and compare results with national averages.</li> <li>• Understand reliability, validity, and normative data.</li> <li>• To identify components of fitness strengths and weaknesses.</li> </ul>	<p><b>Technology in Sport Task 3 (coursework)</b></p> <ul style="list-style-type: none"> <li>• Assignment based task examining:             <ul style="list-style-type: none"> <li>○ Goal line technology.</li> <li>○ VAR.</li> <li>○ Hawk-eye.</li> </ul> </li> <li>• <b>Sports Injuries (exam)</b> <ul style="list-style-type: none"> <li>○ Asthma.</li> <li>○ Epilepsy.</li> <li>○ Diabetes.</li> <li>○ Hypoglycaemia.</li> </ul> </li> </ul>
<b>Summer Term</b>	<p><b>Sports Nutrition Task 4 (coursework)</b></p> <ul style="list-style-type: none"> <li>• Creating a diet plan.</li> <li>• Evaluation of the effectiveness of the diet plan.</li> </ul>	<p><b>Principles of Training Task 4 (coursework)</b></p> <ul style="list-style-type: none"> <li>• Create a training programme to improve an athlete's components of fitness that were weak from the original testing.</li> <li>• Include appropriate training methods.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Completion of outstanding coursework.</b></li> </ul>
<b>Assessment</b>	<ul style="list-style-type: none"> <li>• Complete all coursework which is externally assessed.</li> <li>• Formative assessments in lessons which assess knowledge.</li> </ul>	<ul style="list-style-type: none"> <li>• Complete all coursework which is externally assessed.</li> <li>• Formative assessments in lessons which assess knowledge.</li> </ul>	<ul style="list-style-type: none"> <li>• Complete all coursework which is externally assessed (75% of course).</li> <li>• External exam on sports injuries (25% of course).</li> <li>• Regular formative assessments and internally assessment mock exams throughout the year.</li> </ul>