



KS4 : Curriculum Map - CNat Sport Science

SUBJECT	SPORT SCIENCE
EXAM BOARD	OCR
LEVEL	2
QUALIFICATION	Cambridge National
EQUIVALENCY	1 x GCSE

	Advent 1	Advent 2	Lent 1	Lent 2	Pentecost 1	Pentecost 2
	<u>R181 – Topic Area 1a</u> Components of fitness applied in sport - <i>Fitness Tests</i>	<u>R181 – Topic Area 1b</u> Components of fitness applied in sport - <i>Skill & Components of Fitness</i>	<u>R181 – Topic Area 2</u> Apply principles of training in sport	<u>R181 – Topic Area 3</u> Organising and planning a fitness training programme	<u>R181 – Topic Area 4</u> Evaluate own performance in planning and delivery of a fitness training programme <u>R181 - Moderation</u>	<u>R182 - Topic Area 3&4</u> Short-Term and Long-Term effects of exercise on the Cardio-Respiratory and Musculo-Skeletal systems
Year 10	<p><u>Unit R181 Applying the Principles of Training: Fitness and How it affects Skill Performance</u> is assessed via an OCR Set Assignment.</p> <p>There are FIVE tasks to complete</p>					<p><u>Unit R182: The body's response to physical activity and how technology informs this</u> is assessed via an OCR Set Assignment.</p> <p>There are THREE tasks to complete</p>
	<p>The Set Assignment is written and set by OCR each year with pupils completing the specific tasks devoted to the Topic Areas. Work is completed in class and graded through centre-assessed mark bands. Each individual piece of work will eventually be combined to form their coursework submission for the full unit.</p>					
	Support sessions will be available every Tuesday afterschool in ICT 1 to ensure all coursework is completed on time.					



KS4 : Curriculum Map - CNat Sport Science

SUBJECT	SPORT SCIENCE
EXAM BOARD	OCR
LEVEL	2
QUALIFICATION	Cambridge National
EQUIVALENCY	1 x GCSE

	Advent 1	Advent 2	Lent 1	Lent 2	Pentecost 1
Year 11	R182 - Topic Area 1&2 The Cardio-Respiratory system & the Musculo-Skeletal system and how the use of technology supports different types of sports and their intensities & movements	R180 - Topic Area 1: Different factors which influence the risk and severity of injury	R182 - Moderation R180 - Topic Area 2: Warm up and cool down routines R180 - Topic Area 3: Different types and causes of sports injuries	R180 - Topic Area 4: Reducing risk, treatment and rehabilitation of sports injuries and medical conditions R180 - Topic Area 5: Causes, symptoms and treatment of medical conditions	R180 - Exam
	<u>Unit R182: The body's response to physical activity and how technology informs this</u> is assessed via an OCR Set Assignment. There are THREE tasks to complete	<u>Unit R180 Reducing the risk of sports injuries and dealing with common medical conditions</u> is the externally assessed unit. OCR set and mark a 1 hour 15 minute written paper taken during the summer exam series of Y11 (Pentecost 1 Term). Students will sit end of Topic tests for all five Topic Area's. 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 Pentecost 1.			
	Support sessions will be available every Tuesday afterschool in ICT 1 to ensure all coursework is completed on time.				