

CNAT Sports Science Long Term Plan and Rationale

Year 9

Term 1: Junior Sports Leader Program

Pupils to complete Junior Sports Leaders program. This gives the pupil an engaging program to start the course that allows them to gain a qualification to support in the delivery of sport and physical activity. Undertaking this program will allow the pupils to develop their leadership, communication, planning and evaluation skills. There is a very healthy balance of theory and practical based work.

Term 2 and 3: R042 Lo1 and Lo2 Knowledge

Practical (once a week)	Theory (once a week)	Theory Applied Practically (once or twice a fortnight)
The practical lesson sporting activity can be focused on the group and staff member.	Principles of Training Types of training	Principles of Training Types of Training
Rationale: The choice of activities to work around the current curriculum offer within Core and develop engagement from group being taught. Pupils are not assessed as a practical performer however they must be given the opportunity to develop practically in this subject.	Rationale: Underpins future knowledge Supports development of an effective sports person Supports development of healthy, active lifestyles.	Rationale: Undertaking practically allows the pupils to see the activities in a real world context, developing full understanding and confidence in knowledge.

Year 10

Term 1: R041 Exam content to sit January

Pupils to be entered for January of year 10 for R041 exam, all lessons will focus on this. This allows pupils to complete 25% of course and reduces the pressure of sitting this exam when other stresses increase in Year 11.

Term 2: R042 LO3 and LO4

Theory and Coursework Write Up	Practical (Once a week)
Fitness Testing Procedures Reliability and Validity Developing an effective training program Reviewing a training program	Pre and Post Training Fitness Testing of Subject Undertaking of Training Program
Rationale: Supports development of an effective sports person Supports development of healthy, active lifestyles.	Rationale: To apply the subject content practically to enable greater understanding. To promote physically active lifestyle choices for our pupils.

Supports career pathway into personal training/leisure industry.	
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Term 3: R043 LO1, LO2, and testing for LO3/LO4

Theory and Coursework Write Up	Practical (Once a week)
Musculoskeletal system in exercise. Cardiorespiratory system in exercise. Cardiorespiratory fitness and health. Musculoskeletal fitness and health.	Testing for LO3 (short term effects of exercise) and LO4 (long term effects) initial data and end data. Training program continued with a cardiovascular focus to test changes for LO4
Rationale: Unit content leads pupils well if moving into L3 sports based courses. Provides valuable knowledge of how the human body responds and adapts to physical activity an exercise.	Rationale: Pupils to be given the chance to act within scientific practice; collecting data, analysis of data and interpretations. Real life practical application of theory. Preparation for further study in this area at Level 3 and beyond.

Year 11

Term 1 to October: R043 LO3 and LO4 Completion

Theory and Coursework Write Up	Practical (Once a week)
Short term effects of exercise on cardiorespiratory and musculoskeletal systems. Long term effects of exercise on cardiorespiratory and musculoskeletal systems.	Practical sport based activity focusing on activity suited to group make up
Rationale: Unit content leads pupils well if moving into L3 sports based courses. Provides valuable knowledge of how the human body responds and adapts to physical activity an exercise.	Rationale: Development of skills and abilities in sporting area. Diverse and rich curriculum suited to group.

October to December: R044 LO1 and LO3

Theory and Coursework Write Up	Practical (Once a week)
Personality, aggression and sports performance.	Practical sport based activity focusing on activity suited to group make up
Rationale: Unit content leads pupils well if moving into L3 sports based courses. Provides valuable knowledge of how personality and aggression can have consequences on performance levels.	Rationale: Development of skills and abilities in sporting area. Diverse and rich curriculum suited to group.

January to February: R044 LO2 and LO4

Theory and Coursework Write Up	Practical (Once a week)
How motivation can affect sports performance. The impact of arousal and anxiety on sports performance.	Practical sport based activity focusing on activity suited to group make up
Rationale: Unit content leads pupils well if moving into L3 sports based courses. Provides valuable knowledge of different types of motivation can lead to development/underperformance. Key knowledge on how arousal state can effect performance levels.	Rationale: Development of skills and abilities in sporting area. Diverse and rich curriculum suited to group.

February to April: R044 LO5

Theory and Coursework Write Up	Practical (Once a week)
Using sport psychology strategies	Application of sport psychology strategies in practical settings.
Rationale: Unit content leads pupils well if moving into L3 sports based courses. Provides valuable knowledge of how strategies to control emotions can be utilised. Development of coaching and sporting performance.	Rationale: Greater depth of knowledge from practical application. Ability to put into real life situations.