

Curriculum Intent, Implementation and Impact 2019-20

Subject : YEAR 10 Sports Leadership

Periods per fortnight: 5

INTENT:

Students will raise their knowledge and understanding of a variety of training principles as well as developing a basic understanding of sports nutrition. Finally the students will study the psychological aspects which affect our participation in sport and physical activity.

The Principles of Training, Nutrition and Psychology for Sport and Activity

Students are introduced to training and how it can be used to improve their fitness for sport and activity. Students must understand how to interpret fitness data and use this information to select methods of training that can be used in a fitness programme to improve fitness. It is helpful for students to draw on knowledge of self-participation in sport and activity for them to grasp the topics, supported by case studies from the sports industry. Section B explores how nutrition fuels sport and activity. Students will need to develop an understanding of macronutrients, micronutrients, hydration and how to improve nutrition for their sport or activity. Section C highlights the psychological influence that motivation, self-confidence and anxiety can have on participation in sport and activity. Students will develop an understanding of the impact of all three psychological factors and the methods that can be used to increase or control them.

IMPLEMENTATION:

Term	Topics studied	Extended learning opportunities (homework, controlled assessments, field work, trips etc.)	How parents could support students
Autumn Term	<p>Components of fitness: aerobic endurance, muscular endurance, flexibility, speed, strength, power and body composition</p> <p>Interpreting fitness data in relation to sport and activity</p> <p>Fitness tests for each component of fitness</p> <p>Using normative tables to analyse fitness</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Extra Curricular activities - Breaktime - Lunch and Afterschool. Please see published timetable <input type="checkbox"/> Sporting fixtures 	<p>Supporting your son /</p> <ul style="list-style-type: none"> • Checking the completion of google classroom homework • Supporting your son/daughters external sporting endeavours.

	<p>testing data</p> <p>Interpreting fitness data and linking scores to the impact on sport and activity participation</p> <p>Methods of training used to improve aerobic endurance and muscular endurance</p> <p>Methods of training used to improve flexibility, power and speed</p> <p>Advantages and disadvantages of each training method for the components of fitness</p> <p>Link between the advantages of the training methods in relation to sport or activity type</p> <p>The FITT principles</p> <p>Applying the FITT principles to training</p> <p>Collecting relevant information before creating a fitness programme</p> <p>Assessment - Trial examination Nov - all topics covered</p>		
Spring Term	<p>Carbohydrates: structure and function</p> <p>The benefits of carbohydrates to participation in sport or activity</p> <p>Proteins; structure and function</p> <p>The benefits of protein to participation in sport or activity</p> <p>Fat: structure and function</p> <p>The benefits of unsaturated fat to participation in sport or activity</p> <p>Guidelines for calorie consumption</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Fortnightly flipped learning homework on google classroom <input type="checkbox"/> Extra Curricular activities - Breaktime - Lunch and Afterschool. Please see published timetable <input type="checkbox"/> Sporting fixtures <input type="checkbox"/> Revision Sessions and coursework catch up sessions 	As above

	<p>Vitamins and their uses in sport and activity</p> <p>Benefits of vitamins to performance in sport and activity</p> <p>Methods to enhance sport and activity through nutritional change</p> <p>Assessment - Examination Feb all topic covered.</p>		
Summer Term	<p>The definition of motivation</p> <p>Types of motivation and where they can be seen in sport and activity</p> <p>Definition of self-confidence Benefits of self-confidence</p> <p>Types of anxiety</p> <p>Effects of anxiety on participation</p> <p>Preparation for the external assessment</p> <p>Assessment - External Examination June.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Fortnightly flipped learning homework on google classroom <input type="checkbox"/> Extra Curricular activities - Breaktime - Lunch and Afterschool. Please see published timetable <input type="checkbox"/> Sporting fixtures Revision Sessions 	As above

IMPACT:

This component is assessed through a written assessment set and marked by Pearson. The external assessment will be 1 hour and 30 minutes in length. The number of marks for the assessment is 70. The paper will contain a number of short- and extended-answer questions that will assess students' understanding of the training, nutrition and psychological factors that contribute to participant engagement in sport and activity.