

# Curriculum Intent, Implementation and Impact 2019-20

Subject : YEAR 11 Sports Leadership

Periods per fortnight: 5

## INTENT:

Students will improve their knowledge and understanding of the human body in sport and physical activity. Students will improve their understanding of the musculoskeletal, cardio-vascular and respiratory systems. Students will learn about the effects of exercise on these systems

## Understand the Body and the Supporting Technology for Sport and Activity

In Component 1, Learning aim A introduces students to the body systems and how they work in sport and activity. Students must understand how each body

system operates individually and also how they contribute to a network of body systems. Learning aim B explores how sport and activity engagement

sometimes may result in injury to the musculoskeletal system. Students will need to develop understanding of the causes of injury, appropriate treatments

and how someone is rehabilitated. Learning aim C highlights the technology that can be used in sport and activity. Students will develop an understanding of

the benefits and limitations of the technology.

## IMPLEMENTATION:

Term	Topics studied	Extended learning opportunities (homework, controlled assessments, field work, trips etc.)	How parents could support students
Autumn Term	The cardiorespiratory system  The musculoskeletal system  Effect of regular participation on a participant's components of fitness	<input type="checkbox"/> Extra Curricular activities - Breaktime - Lunch and Afterschool. Please see published timetable <input type="checkbox"/> Sporting fixtures	Supporting your son / <ul style="list-style-type: none"><li>• Checking the completion of google classroom homework</li><li>• Supporting your son/daughters external sporting endeavours.</li></ul>

	<p>Long-term effects of exercise on the musculoskeletal system</p> <p>Long-term effects of exercise on the cardiorespiratory system</p> <p>Long-term effects of exercise on the cardiorespiratory system</p> <p>Assessment - End of learning aim A: formal assignment</p>		
Spring Term	<p>The importance of warm ups and cool downs in reducing injury</p> <p>Causes of sports injuries: physiological, psychological and environmental</p> <p>Causes of sports injuries: equipment, people-related risks and coaching</p> <p>Identifying preventative measures to reduce the Introductory activity</p> <p>Basic rehabilitation</p> <p>Assessment - End of learning aim B: formal assignment</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Fortnightly flipped learning homework on google classroom</li> <li><input type="checkbox"/> Extra Curricular activities - Breaktime - Lunch and Afterschool. Please see published timetable</li> <li><input type="checkbox"/> Sporting fixtures</li> <li><input type="checkbox"/> Revision Sessions and coursework catch up sessions</li> </ul>	As above
Summer Term	<p>Different types of technology in sport and activity</p> <p>The benefits of technology Introductory activity.</p> <p>Understanding the physiological benefit of each of the technologies</p> <p>Understanding the limitations of technology on the performer, coach/manager and officials</p> <p>Assessment - End of learning aim C: formal assignment</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Fortnightly flipped learning homework on google classroom</li> <li><input type="checkbox"/> Extra Curricular activities - Breaktime - Lunch and Afterschool. Please see published timetable</li> <li><input type="checkbox"/> Sporting fixtures</li> <li><input type="checkbox"/> Revision Sessions</li> </ul>	As above

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**IMPACT:**

Component 1 is internally assessed. Teachers should provide students with an assignment brief at the end of a period of learning. The first assignment is given after the delivery of Learning aim A, the second after the delivery of Learning aim B and the third after the delivery of Learning aim C. Assignments must be the students' own work and could be completed either within classroom hours or for homework. It should be made clear to students when they undertake formal assessment on which they will be assessed and graded that they must work independently to demonstrate their own knowledge and understanding.