

Subject	Y10 Core Knowledge – Autumn/Spring/Summer term	How to support students' learning
<b>PE - Sports Science</b>	<p><b>Autumn Term</b></p> <p><b>PE Sports Science Cambridge National -</b></p> <ol style="list-style-type: none"> <li>1. Describe fitness tests with clear reference to the protocols.</li> <li>2. Analyse the data from each fitness test.</li> <li>3. Include a range of skills linked to components of fitness, with clear and relevant examples.</li> <li>4. Include a range of well-developed skills relevant to the components of fitness.</li> <li>5. Describe skills tests with clear and relevant examples of how they also measure an appropriate component of fitness.</li> <li>6. Analyse the strengths and weaknesses of the data from each test and what it means to personal fitness.</li> <li>7. Justify SPOR FITT principles described with clear and relevant examples given for each aspect of their selected sporting activity.</li> <li>8. Justify SMART goals described with clear and relevant examples given for each aspect of a selected sporting activity.</li> <li>9. Describe a range of advantages and disadvantages for the structure of different training methods (continuous/fartlek/interval/circuit/plyometric s/weight/HIIT) and justify the selection of the most suitable methods for a sporting activity.</li> <li>10. Analyse selected training methods, including a clear comparison of aerobic and anaerobic exercise.</li> <li>11. Produce an appropriate and detailed plan which considers most of the requirements for an effective and safe fitness training programme (facilities/equipment/aims/fitness/injuries/organisation/environment/skills to be improved).</li> <li>12. Apply a range of SPOR FITT principles to the training programme to improve success.</li> <li>13. Plan a training programme that includes a suitable warm-up and cool-down; main activities, including duration of plan and sessions; equipment and facilities; coaching points; adaptations for each session.</li> <li>14. Monitor progress with pre-term and mid-term tests to adapt/improve the programme.</li> <li>15. Record results using post programme tests for skill and fitness.</li> </ol>	<ul style="list-style-type: none"> <li>• OCR Sport Science <a href="https://www.ocr.org.uk/qualifications/cambridge-nationals/sport-science-level-1-2-j828/">https://www.ocr.org.uk/qualifications/cambridge-nationals/sport-science-level-1-2-j828/</a></li> <li>• Teachers' slides are always available and signposted in lessons. They are in the 'Pupil Shared Area' drive for pupils to refer to after a lesson has been taught.</li> <li>• Students will be provided with student checklists for each of the coursework units.</li> <li>• Students will be provided with exam unit booklets, a revision guide and exam questions.</li> <li>• Students are encouraged to attend catch-up sessions in I5 (Thursdays and Fridays after school) if they need extra support or have fallen behind. Occasionally students will be required to attend these sessions if their teacher identifies the need. Please ensure students attend when necessary or required.</li> <li>• Contact the student's class teacher, Mr Hockridge or Mrs White with any queries.</li> </ul>

16. Recognise achievement in meeting SMART goals and results improvements.
17. Describe most areas that went well and did not go well in the planned fitness training programme. Consider: goals set; training methods used; fitness component links to skills test.
18. Describe areas that needed to be adapted in the planned fitness training programme.
19. Show analysis when altering the plan with justified suggestions.
20. Analyse the effectiveness of the fitness training programme, making reference to the goals and objectives, explain the reasons for success and failure.
21. Illustrate how the success of the programme could be improved if repeated.

**Spring/Summer Term**  
**Cambridge National -**

22. Describe fitness tests with clear reference to the protocols.
23. Analyse the data from each fitness test.
24. Include a range of skills linked to components of fitness, with clear and relevant examples.
25. Include a range of well-developed skills relevant to the components of fitness.
26. Skills tests described with clear and relevant examples of how they also measure an appropriate component of fitness.
27. Analyse the strengths and weaknesses of the data from each skills test and what it means to their fitness.
28. Describe SPOR FITT principles with clear and relevant examples given for each aspect of their selected sporting activity.
29. Describe SMART goals with clear and relevant examples given for each aspect of their selected sporting activity.
30. Describe a range of advantages and disadvantages of the structure of different training methods (continuous/fartlek/interval/circuit/plyometric s/weight/HIIT) and select the most suitable methods.
31. Analyse selected training methods, including a clear comparison of aerobic and anaerobic exercise.
32. Produce an appropriate and detailed plan which considers most of the requirements for an effective and safe fitness training

	<p>programme (facilities/equipment/aims/fitness/injuries/org anisation/environment/skills to be improved).</p> <ol style="list-style-type: none"> <li>33. Apply a range of SPOR FITT principles to the training programme to improve success.</li> <li>34. Plan a training programme that includes a suitable warm-up and cool-down; main activities including duration of plan and sessions, equipment and facilities, coaching points and adaptations for each session.</li> <li>35. Monitor progress with pre- and mid-term tests to adapt/improve programme.</li> <li>36. Record results using post programme tests for skill and fitness.</li> <li>37. Recognise achievement in meeting SMART goals and results/improvements.</li> <li>38. Describe most areas that went well and did not go well in the planned fitness training programme. Consider goals set, training methods used and fitness component links to skills test.</li> <li>39. Describe areas that need to be adapted in the planned fitness training programme.</li> <li>40. Show analysis when altering the plan with justified suggestions.</li> <li>41. Analyse the effectiveness of the fitness training programme, making reference to the goals and objectives; explain the reasons for success and failure.</li> <li>42. Include suggestions of how the success of the programme could be improved if repeated.</li> </ol>	
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