Year 10 Cambridge National Sport Science							
Unit	Core		Hinterland		Justification	Assessment	Whole Education Opportunities
	Knowledge	Skills	Knowledge	Skills			
R181- Applying the principles of training: fitness and how it affects skill performance	TA1: Components of fitness to different sports - Relevance of components to different sports - Assess components of fitness - Application of components of fitness to skill performance TA2: Principles of training: - Principles of training and goal setting in a sporting context - Methods of training and their benefits TA3: Organising and planning a fitness training programme - Factors when designing a fitness training programme - Planning a fitness based training programme - Recording the results from fitness training programme TA4: Evaluate own performance in planning and delivery of a fitness training programme. - Effectiveness of a fitness training programme.	Conduct and complete the different fitness tests for each component of fitness Compare data collected from fitness tests with normative data Create skill based tests to measure the components of fitness Apply the principles of training to real life sporting and fitness situations (SPOR, FITT and SMART) Plan and deliver a 6 week training programme based on the results of the fitness testing results Create and complete warm up and cool down Monitor the progress of the training plan Evaluate the progress that you have made over the 6 week training programme.	• Linking knowledge of muscles, bones, joints and movement to sport • Role of the cardiovascular system in exercise • Make connections to other units to support learning • Relate to the wider context • How to write effectively •	• Synoptic links to R180 and R182 • Presentation skills • ICT skills • Fitness tests • Health tests • Analysis of data	This is a compulsory unit for the Non exam assessment of the Cambridge National in sport science. This unit contribute 40% towards the overall grade..	Assessment is set by OCR and must follow their assessment brief. Made up of 5 tasks: - Components of fitness (in relation to steady 2 sports) - Fitness testing and analysis - Principles of training in relation to a case study - Plan and deliver own fitness plan - Evaluate the progress of the programme. Individual tasks will be set and completed after the topic area has been taught. Will be submitted for moderation in June of each year.	• Literacy and numeracy skills • Self managers- designing the exercise experiments • Effective participants • Links with maths- measurement and comparing figures. • Links with Key stage 3 and 4 Physical Education
R182- The Body's response to physical activity and how technology informs this.	TA1: The cardio-respiratory system and how the use of technology supports different types of sports and their intensities. - Components, functions and role of cardio-respiratory system during exercise - Cardio-respiratory sports technology. TA2: The musculo-skeletal system and how the use of technology supports different types of sport and their movements - Components and role of the musculo-skeletal system in producing movement - Musculo-Skeletal sports technology	-Use of health and anatomical technology -Use of ICT based technology to analyse -Link technology and analytical technology to athletics (throws), Handball and Ice hockey-set by OCR Be able to analyse movement based on muscular contractions.	• Make connections to other units to support learning • Relate to the wider context • How to write effectively	• work collaboratively with others • interpersonal skills such as resilience • Conducting a risk assessment	This is an optional unit for the new cambridge nation in sport science. It has been selected as there are clear links into ks5 (Alevel PE and CamTec sport and PA) as it links to Unit 1, 5, 13 and 8)	This unit is assessed via coursework set by the exam board in June. The assessment is split into 3 tasks: - Short term effects - Long term effects - Different technology available. Overall this unit contribute 20% to the qualification The first half of the unit will be delivered and assessed in year 10. The final part of the assessment will be conducted in year 11.	• Careers in sport- physiotherapist, performance analyst, Biomechanist • Cross curricular links with psychology, Biology, ITC, technology and maths Oracy- Discussing key aspects of the specification and linking to other LO's