PE Department - Year 11: Cambridge National Sports Science Course

Shirley High Curriculum Map	*The second year of the Cambridge Sports Science course will be for students to study the key content of reducing the risk of sports injuries RO41 in preparation for their January examination and complete the last sports psychology coursework. Students marks for the exam will be reviewed in March and students will have the opportunity to re-sit the exam in May. Interventions to take place throughout the year to support student progress.*				
	Autumn 1	**Autumn 2**	**Spring 1**	**Spring 2**	**Summer 1**
	Theme/Topic/Skill:	**Theme/Topic/Skill:**	**Theme/Topic/Skill:**	**Theme/Topic/Skill:**	**Theme/Topic/Skill:**
	RO41: Reducing the Risk of Sports Injuries	RO41: Reducing the Risk of Sports Injuries	RO44: Sports Psychology	RO44: Sports Psychology	RO44: Sports Psychology RO41: Reducing the Risk of Sports Injuries – Retakes
Why now?	This is one of the mandatory units where students will make critical synoptic links with all other units studied. Students will need to synthesise the knowledge, skills and understanding they develop in the mandatory units, in order to apply them to relevant contexts when they complete the assessment for the optional units. Students sit first attempt of exam in Jan series and teacher opts for external moderation of RO42.		Students will study R044 and draw on fundamental knowledge, skills and understanding from the mandatory units. Students to retake R041 if required and final submission of all units to be externally moderated.		
Fundamental Concepts	Factors which influence the risk of injury	Responding to injuries and common medical conditions	Motivation and Aggression	Arousal and Anxiety	Psychological strategies
Students will…	-Know the extrinsic and intrinsic factors which can influence the risk of injury - Know the physical and psychological benefits of a warm up - Lead the components of a basic warm up - Know the physical benefits of a cool down - Lead the components of a basic cool down - Understand the specific needs which a warm up and cool down must consider	- Develop knowledge of both acute and chronic injuries - Know the types, causes and treatment of common sports injuries -Further knowledge of how to respond to injuries and medical conditions in a sporting context -Understand Emergency Action Plans (EAP) in a sporting context -Know the symptoms of common medical conditions	-Know the definitions of motivation - Understand Intrinsic and Extrinsic motivation and achievement motivation - Implications for sport and exercise involvement - Develop knowledge of types of aggression - Understand the reasons for aggression - Know the theories of aggression	-Develop knowledge of arousal - Understand the theories of how arousal/anxiety affects performance - Be able to apply these theories to sporting examples - Carry out methods for measuring anxiety – SCAT and SCAI tests	-Know the use of goal setting for motivation in sport -Know how to use mental rehearsal and imagery techniques in sport - Know how to use relaxation techniques in sport - Be able to apply appropriate strategies for specific subject(s) -Be able to assess whether strategies have had an impact on sports performance
Language for Life (Key terms /Vocabulary)	- Know the extrinsic and intrinsic factors; posture; psychological factors; physical preparation; extrinsic; intrinsic; contact sports; non-contact sports; hazard; risk assessment; training; fitness; warm-up/cool-down	SALTAPS/RICE/EAP/Acute/ Chronic/Asthma/Diabetes/ Epilepsy/Hypothermia/heat Exhaustion/dehydration/heat stroke/overuse/muscle imbalance/nutrients/gait/ Lordosis/ kyphosis/scoliosis	- Definitions of motivation; Achievement motivation; intrinsic; extrinsic; NACH; NAF; indirect & direct aggression; Trait; Social Learning Theory - Reasons for aggression; rivalry; pressure; over-arousal	- Explanations of arousal; anxiety arousal; optimal level; - Theories of arousal; Drive Theory; Zone of Optimal Functioning; Inverted-U Theory - Methods for measuring anxiety; SCAT; STAI Inventory Test	- The use of gaol setting; SMART targets; mental rehearsal; imagery; progressive muscular relaxation; visualisation; breathing control. - Assessment of strategies; pre-and post-testing; basic measures of performance.
Extended writing Opportunities	Short-answer questions, extended-response questions	Short-answer questions, extended-response questions	Centre assessed tasks	Centre assessed tasks	Centre assessed tasks
Maths Across the Curriculum	Heart rate; breathing rate; body temperature; blood pressure readings	Risk assessment ratings		Anxiety test results	
Links to careers/ aspirations	Public Services - Paramedic		Sports Coach		
Cultural Capital Extra-curricular and trips	First aid speaker		1. Sports Psychology – ‘Inside the mind of an athlete’ Martin Hagger at TEDxPerth (www.youtube.com/watch?v=yG7v4y_xwzQ) 2. HSBC Sport – Inside the Minds of the World’s Best Athletes (www.youtube.com/watch?v=Tnr-t7JKQ9A)		
Practical Application of Skills	Students to carry-out warm-up; cool-down components	Students to carry out Risk assessments; EAP’s; scenarios created for medical conditions and students respond appropriately	Scenarios to demonstrate NACH; NAF	Complete SCAT; STAI tests	Create sporting scenarios where visualisation and imagery are practised. Support another sports performer by using a variety of strategies