

## KS4 Curriculum Plan 2022-23

|                |                             | LP1   | LP2  | LP3   | LP4  | LP5   |
|----------------|-----------------------------|---|--|---|--|---|
| <b>Year 10</b> | <b>TOPIC</b>                | <b>Provision of Sport</b>   | <b>Technology in sport</b>   | <b>Preparing participants for Sport</b>   | <b>Components of fitness</b>   | <b>Roles and responsibilities of officials</b>  |
|                | <b>Knowledge</b>            | Explore the different types of sport and physical activities that people may choose to take part in and compare and contrast the provision of these sports and physical activities from different sectors. Barriers to participation and methods to address these barriers to participation in sports and physical activities in different participants | Explore different types of sports clothing and equipment required from participation in sport and physical activity. Different types of technology and their benefits to improve sport and physical activity participation and performance. The limitation of using technology in sport and physical activity. | Planning a warm-up that takes into account the responses of the cardiorespiratory system and musculoskeletal system. Pulse Raisers, mobilisers and preparation stretches. Adapting a warm-up for different categories of participants and different types of physical activities. Delivering a warm-up to prepare participants for physical activity. | Components of physical and skill-related fitness. The importance of the components fitness is training for personal fitness. Testing for weaknesses in an athlete's components of fitness.                     | Techniques, strategies and fitness required for different sports. The roles and responsibilities of the officials in two different sports. The rules, regulations and scoring systems in sport. Planning a drill and conditioned practice to develop a participant's sports skills. |
|                | <b>Procedural Knowledge</b> | Research and analytical skills, specific training with sports technologies and practical delivery experience  |  |   |  |   |
|                | <b>Key Vocab</b>            | Investigate, Active, Positives, Negatives, Obstacles, Participation, Exercise   | Attire, Equipment, Exercise, Participation, Technology, Benefits, Execution, Restrictions, Active  | Prepare, Cardiorespiratory, Musculoskeletal, Warm Up, Flexibility, Prevent Injury, Adaptability   | Power, Fitness, Balance, Sport, Strength, Reaction, Coordination, Test, Training, Personal Skills, Area for Improvement  | Control, Tactics, Skilful Rules, Regulations, Principles of a Game, Prepare, Activities, Improve, Participation   |
| <b>Year 11</b> | <b>TOPIC</b>                | <b>Fitness for sports performance</b>   | <b>Determining fitness levels</b>  | <b>Methods of training</b>  | <b>Fitness Programmes</b>  | <b>Revisit</b>  |
|                | <b>Knowledge</b>            | Skill-related and physical components of fitness required for sports participation. The principles of training FITT and SPORT. Determining exercise intensity and how exercise intensity is measured using RPE, Borg's scale and training thresholds.   | Explore the rationale behind fitness testing and the use of fitness data for professional athletes. Pre and post testing procedures for all fitness tests including how to perform a PAR-Q. Interpretation of fitness results and best use of the data to support sports performance in athletes               | Explore the importance of a warm-up and cool down before and after exercise. Fitness training methods to cover all components of fitness. Advantages and disadvantages of each training method and the effects of long term participation in physical activity.   | How to interpret personal information to aid personal fitness training programme. Fitness programme design improved by data and athlete personal information. Motivational techniques for fitness programming. | Revisit all units and complete any resubmission work. Ensuring that all video evidence is complete and coursework is submitted.   |
|                | <b>Procedural Knowledge</b> | Research and analytical skills, specific training with sports technologies and practical delivery experience  |  |   |  |   |
|                | <b>Key Vocab</b>            | Aerobic Endurance, Anaerobic Endurance, Agility, Speed, Power, Principles of Training, Intensity, Time, Type, Specific, Frequency, Determine, Minimal and Maximal Exertion  | Scrutinize, Reasoning, Fitness Tests, Stats, Elite Sports Performers, Plan of Action, Safety, Risks  | Lower Risk of Injury, Improve Performance, Increase Exercise Duration, Flexibility, Cardiovascular Endurance, Reaction Time, Coordination, Speed, Power   | Understand, Details, Support, Training, Regime, Plan, Inspire, Enhance, Stats, Individual, Technique, Fitness, Schedule  | , Assessment, Assignments, Develop, Improve, Check, Submit, Induction, Completion   |