



Curriculum Intent

Subject: Sport Science

Year 11

	What?	Why?	
Term 1-1	<p>R042: Applying principles of training</p> <p>LO4: Be able to develop fitness training programme</p>	<ul style="list-style-type: none"> • Design fitness training programme • Evaluate the effectiveness of a training programme • Complete coursework for R042 - task 4 	<p>The following key knowledge will be recapped throughout the unit:</p> <ul style="list-style-type: none"> • Recap Fitness protocols (basic consent form) • Goal setting • Duration of training programme • Suitability of activities with the methods of training. • Measuring results and comparing data to previous results • Feedback including self reflection and improvements <p>Interweaving Knowledge that can be specifically applied from previous/other units:</p> <ul style="list-style-type: none"> • Use of principles of training • Recall components of fitness • Use of fitness testing
	<p>R044 – Sports Psychology</p> <p>LO1: Understand the relationship between personality and performance</p>	<ul style="list-style-type: none"> • Definitions of personality • Extrovert and introvery personality types • Links between personality and involvement in performance in sport • Trait approach 	<p>The following key knowledge will be recapped throughout the unit:</p> <ul style="list-style-type: none"> • Sporting examples <p>Interweaving Knowledge that can be specifically applied from previous/other units:</p>



		<ul style="list-style-type: none"> Observed or social learning and what this means in relation to sport Complete coursework for R044 - task 1 	<ul style="list-style-type: none"> Endurance, anaerobic and strength based athletes (R045. LO2)
Term 1-2	<p>R044 – Sports Psychology</p> <p>LO2: Know how motivation can affect sports performance</p> <p>AND</p> <p>LO3: Know how aggression can affect sports performance</p>	<ul style="list-style-type: none"> Define motivation Different types of motivation – intrinsic and extrinsic Need to achieve Need to avoid failure Implications for sport and exercise involvement Complete coursework for R044 - task 2 <ul style="list-style-type: none"> Types of aggression and reasons for aggression in sport. Theories of aggression Complete coursework for R044 - task 3 	<p>The following key knowledge will be recapped throughout the unit:</p> <ul style="list-style-type: none"> Recap intrinsic and extrinsic personality Motivation Links to different sporting examples <p>Interweaving Knowledge that can be specifically applied from previous/other units:</p> <ul style="list-style-type: none"> Sporting injuries Components of fitness
Term 2-1	<p>R044 – Sports Psychology</p> <p>LO4: Understand the impact of arousal and anxiety on sports performance</p>	<ul style="list-style-type: none"> Understand what arousal is Theories of how arousal and anxiety affects performance Drive theory Inverted U theory Zones of optimal functioning Apply theories to sporting examples. Understand different tests for anxiety Sport competition anxiety testing State anxiety inventory test Complete coursework for R044 - task 4 	<p>The following key knowledge will be recapped throughout the unit:</p> <ul style="list-style-type: none"> Fitness testing and how/ why to test properly. <p>Interweaving Knowledge that can be specifically applied from previous/other units:</p> <ul style="list-style-type: none"> Components of fitness Sporting injuries



Term 2-2	R044 – Sports Psychology LO5: Understand the impact of arousal and anxiety on sports performance	<ul style="list-style-type: none"> • Goal setting for motivation in sport • Use of mental rehearsal and imagery in sport • Use of relaxation techniques in sport. • Complete coursework for R044 - task 5. 	<p>The following key knowledge will be recapped throughout the unit:</p> <ul style="list-style-type: none"> • SMART targets <p>Interweaving Knowledge that can be specifically applied from previous/other units:</p> <ul style="list-style-type: none"> • Motivation, aggression and arousal
Term 3-1	Summer exams begin	<ul style="list-style-type: none"> • R041 – re-submission – exam date: • Final Coursework submissions to exam board 	Recall and recap all knowledge for R041
Term 3-2			