



Edgbarrow School
Year 10
 OCR Sports Science
Physical Education



Curriculum Intent

Inspire long term healthy active lifestyles. To equip pupils with the skills, knowledge and confidence for lifelong participation in sport and exercise.

- **What am I studying this year?**
- **When and how will I be assessed?**

Topic	Time of year	Assessment
Principles of Training	Autumn Term	25% overall grade coursework
Injury in Sport	Spring Term	25% overall grade exam
Technology in Sport	Summer Term (continued into year 11)	25% overall grade coursework

Year 10 Injury in Sport: DATE TBC

You need to revise the following:

- Understand different factors which influence the risk of injury*
- Understand how appropriate warm up and cool down routines can help to prevent injury*
- Know how to respond to injuries within a sporting context*
- Know how to respond to common medical conditions*

This can all be accessed from:
 Exercise books, Revision guides, BBC bitesize

Marking for literacy

Longer answers and written work will be marked for at least one of the below, your teachers will tell you which.

- Sp – Spelling mistake of key term
- // - Needed new paragraph
- C – Capital letter missing
- P – Punctuation needed

Expected presentation of work

- Take care of your book.
- Title and date all work.
- Write as neatly as you can in pen.
- Cross through neatly any rough/incorrect work.
- Stick all sheets in yourself.
- Diagrams, graphs, drawings should all be done in pencil.