



Edgbarrow School
Year 10
OCR Sports Science
Physical Education



Curriculum Intent

To provide students with the practical and theoretical knowledge of the ever-changing world of the Sporting Society and Physical Activity, develop appropriate skills and attributes to go out into the Sporting Industries to be successful employees and leaders whilst promoting Physical, Social and Mental Wellbeing and lifelong participation.

○ What am I studying this year and how and when will I be assessed?

Knowledge & Skills	Time of year	Assessment	Homework
Unit R180: Reducing the risk of sports injuries and dealing with common medical conditions In this unit you will learn how to prepare participants to take part in sport and physical activity in a way which minimises the risk of injuries occurring; prepare them to be able to respond to common injuries that can occur during sport and physical activity and to recognise the symptoms of some common medical conditions.	Autumn/Spring Term	33% overall grade exam Deadline: Exam in May	When we do the exam unit we will set revision homework 1x a week which will either be independent learning or exam-style questions to complete. Coursework catch-up will be set weekly for any coursework not completed in lessons. There will also be a 1x fortnightly task set to add to the coursework.
Unit R181: Applying the principles of training: fitness and how it affects skill performance In this unit you will learn how to conduct a range of fitness tests, what they test and their advantages and disadvantages. You will also learn how to design, plan and evaluate a fitness training programme. This will give you the background knowledge you need to be able to plan and deliver appropriate fitness tests, some of which will be adapted to suit the skills of the sporting activity. You will then interpret the data collected from fitness tests and learn how best to feed this back so that participants can go on to make informed decisions about their fitness training.	Summer Term (continued into Autumn Term year 11)	33% overall grade exam Deadline: NEA	

Year 10 Injury in Sport: May 2023

You need to revise the following:

- Topic Area 1: Different factors which influence the risk and severity of injury
- Topic Area 2: Warm-Up and Cool-Down Routines
- Topic Area 3: Different types and causes of sports injuries
- Topic Area 4: Reducing risk, treatment and rehabilitation of sports injuries and medical conditions
- Topic Area 5: Causes, symptoms and treatment of 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
 Expr- Expression

Students will demonstrate pride in their work by:

- Presenting information clearly and neatly to aid learning
- Using a title and date for all work including homework
- Underlining all dates and titles using a ruler
- Writing in blue or black pen
- Completing drawings and diagrams in pencil
- Glue in sheets flat and in order
- Annotating work and making corrections in coloured pens
- Crossing out mistakes neatly with a line
- Highlighting key words and concepts