CURRICULUM MAP

KS4

Employment in the sport sector

Sports Apprenticeships

Sports Vocational Course

Healthier lifestyle

A Level PE

YEAR 11

R180: Reducing the risk of sports injuries and dealing with common medical conditions

- Reducing risk, treatment and rehabilitation of sports injuries and medical conditions
- Warm up and cool down routines
- Causes, symptoms and treatment of medical conditions.
- Different types and causes of sports injuries
- Different factors which influence the risk and severity of injury

R183: Nutrition and sports performance (cont)

- How nutritional behaviors can be managed to improve sports performance
- Developing a balanced nutrition plan for a selected sporting activity

YEAR 10

R181: Applying the principles of training: fitness and how it affects skill performance

- Components of fitness applied in sport
- Principles of training in sport
- Organising and planning a fitness training programme
- Evaluate own performance in planning and delivery of a fitness training programme.

R183: Nutrition and sports performance

- Applying differing dietary requirements to varying types of sporting activity
- Nutrients needed for a healthy, balanced nutrition plan

MEDEN SCHOOL