



	Autumn 1			Autumn 2			Spring 1			Spring 2			Summer 1			Summer 2		
Reporting Y10		CfCs		BfL & Grades			CfCs			BfL & Grades			BfL & Report					
Year 10	<p>The current Yr 10 cohort will be the first to undertake the OCR Cambridge National Sports Science course. The course structure is similar to the existing Sports Studies course currently in its final year of delivery. This means 3 units covered over the 2 year course, 2 worth 40% and 1 worth 20%</p> <p>Therefore, students in the autumn term will start work on unit R181 '<b>Applying the principles of training: fitness and how it affects skill performance</b>'. <b>Task 1 'Components of fitness applied in Sport'</b> will see students assessed on their description of 10 fitness tests, analysing their results to compare to National Data and then identify fitness strengths and weaknesses. They will evidence this through a written report.</p> <p><b>Task 2 'Components of fitness applied in Sport'</b> will see students complete a written assignment where they are tasked with identifying a wide range of skills which are used in their 2 chosen sports and identifying which components of fitness allow these skills to be performed effectively. Following this students will design 2 component of fitness tests which link closely to skills they perform in their best/chosen activity. They will analyse the results from this, compare to others and discuss the quality and appropriateness of each test.</p>						<p>In the spring term, students will move on to <b>Task 3</b> in unit R181, '<b>Apply principles of training in Sport</b>'. Here, students will learn the essential parts of planning a training programme and applying this to themselves and a client allocated by the exam board. In this 3rd written report students will give detailed information about SPOR, FITT, SMART, Training Methods and Energy Systems.</p> <p>Around Easter time, students will undertake <b>Task 4 'Organising and Planning a fitness training programme'</b>, where they will use the knowledge they have gained in task 3 to create their own personal 6 week training programme addressing their performance needs and aims. They will do this for one of their 2 chosen sports, including pre and post testing, and a risk assessment to ensure the programme is safe.</p> <p>The final task of the unit, <b>Task 5 'Review own performance in planning and delivery of a fitness training programme'</b>, will be completed in the summer term. This will take the form of an evaluation to be presented to your sports coach where the learner will carryout a complete review/evaluation of their training programme. This will include, comparing pre and post test results, highlighting strengths and weaknesses of their fitness and the programme in general, identifying adaptations and ways the programme could be improved if it was repeated.</p> <p>The unit R181 contributes 40% of the overall marks for the course. The unit will be externally moderated in either June 2026, or Jan 2027.</p>						Work Experience Week					
Reporting Y11		CfCs & Grades		Rep & Grades			CfCs & Grades			BfL & Grades								
Year 11	<p>In the first term of Year 11 Sports Science students will take part in the <b>Nutrition and Sports Performance</b> Unit (R183). This is another coursework based unit with students completing another 4 written reports. The <b>first assignment</b> will be understanding the different nutrients which make up a balanced diet and linking this to a specific client who has been selected by the exam board. <b>Task 2</b> will investigate nutritional requirements before, after and during exercise and detailing the different needs of different sports performers. <b>Task 3</b> will build on the 2 previous assignments, setting a dietary plan for the identified client and ensuring this matches the individuals needs. <b>Task 4</b> evaluates the dangers if a poor diet and how this can have a negative impact on sporting performance, in general, but specifically for our client.</p> <p>As with all the written coursework, this will be structured and scaffolded in great deal, with continuous guidance being given to the students. A step by step approach is adopted to help support the students in completing this task. Following the completion of a task, work will be thoroughly marked with amendments being suggested - DIT work will then be completed with a final grade then being awarded.</p> <p>The Nutrition and Sports Performance Unit will be externally assessed in the June series of Year 11. This unit counts for 20% of the overall mark for the course.</p>						<p>In the final term and a half on the course, students complete the final unit of the course. This unit '<b>Reducing the risk of sports injuries and dealing with common medical conditions (R180)</b>'. This is assessed through an examination which will take place in early May of Year 11. In this exam there are 5 topic areas which will be covered '<b>Different factors which influence the risk and severity of injury</b>', '<b>Warm up and cool down routines</b>', '<b>Different types and causes of sports injuries</b>', '<b>Reducing risk, treatment and rehabilitation of sports injuries and medical conditions</b>', '<b>Causes, symptoms and treatment of medical conditions</b>'. Teachers will teach the content in both a practical and theory way to try and increase students understanding. Students will complete a booklet of notes which will act as the main revision tool for this exam.</p> <p>The aim will be to complete the contents of the examination by Easter with the remaining lessons up to the exam being for revision, i.e. confirming students knowledge of the contents and completing past papers.</p> <p>This examination will be 1 hour 15 minutes and will be worth 40% of the overall grade awarded.</p> <p>Overall <b>Sports Science</b> students gain a score out of 200 which gives them an overall grade for the course of Distinction * (180), Distinction (160), Merit (140), Pass (120), these are Level 2 qualifications which is the equivalent to a GCSE grade. Level 1 grades are also available should a P2 not be achieved.</p>											