

Long Term Overview KS4 Sport Science

Unit Title	RO41 Reducing the Risk of Injuries	RO41 Reducing the Risk of Injuries	RO42 The Principles of Training	RO42 Components of Fitness	RO42 Fitness Testing	Consolidation
Term	Autumn (a)	Autumn (b)	Spring (a)	Spring (b)	Summer (a)	Summer (b)
No. Weeks	8 Weeks	7 Weeks	6 Weeks	5 Weeks	7 Weeks	7 Weeks
Overview KS4	Students will be introduced to the Sports Science Course. They will explore the various factors that affect injury within different sports such as: environment, equipment, physical condition (age, ability etc.) play a part in this.	Students will learn how to reduce the risk of injuries in sport through the use of correct equipment, risk assessments, warm-ups and cool-downs. They will also learn how to respond to and treat sporting injuries.	Students will explore the principles of training and learn how they apply in a sporting context. Students will be involved in gym sessions to try out different training principles.	Students will explore different training methods and how they can be used to target different components of fitness. Students will experience first-hand how training for different components of fitness can be conducted at a local gym.	The focus of this module is to learn how to conduct valid fitness tests in order to test different components of fitness such as; strength, endurance, flexibility, agility etc.	This term is focused on knowledge consolidation and/or completion of set assignments/exam revision.
Visits/ Visitors			Gym sessions	Visits to gyms around the area	Gym visits	



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