

Cam Nat Sport Science



| Subject       | OCR Cambridge National Sports Science                                                                                                                              |                                                                                                                                       | Year Group:                                                                                                                                                       | 10                                                                                                                                                                                     |                                                                                        |                                                                                                              |
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| Delivery Plan | <b>Task 1:</b> Fitness testing to be completed by 22/10/26<br><b>Task 2 part 1</b> to be completed by 20-11-26<br><b>Task 2 part 2</b> to be completed by 18-12-26 | Task 3 part 1: Principles of training TBC: 29-1-27<br>Task 3 part 2: Types of training TBC 26-2-27                                    | Task 4: 6 week training plan. TBC 19-3-27                                                                                                                         | Task 5: Evaluation of fitness plan TBC: 30/4/27                                                                                                                                        | (SEE Task 2 part ½)                                                                    | <b>R183 Task 1:</b> Begin delivering WK beginning 3/5/27 complete by 28/5/27                                 |
| Unit/Topic    | R181 Applying the principles of training: fitness and how it affects skill performance: Topic Area 1: Components of fitness applied in sport                       | R181 Applying the principles of training: fitness and how it affects skill performance: Topic Area 2: Principles of training in sport | R181 Applying the principles of training: fitness and how it affects skill performance. Topic Area 3: <b>Organising</b> and planning a fitness training programme | R181 Applying the principles of training: fitness and how it affects skill performance Topic Area 4: Evaluate own performance in planning and delivery of a fitness training programme | R181 Applying the principles of training: fitness and how it affects skill performance | R183 Nutrition and Sports Performance. Topic Area 1. Nutrients needed for a healthy, balanced nutrition plan |
| Skills        | Know the definitions of each component of fitness                                                                                                                  | Understand the SPOR training principle and how it is applied                                                                          | Design and plan a fitness- based training programme.                                                                                                              | Analysis and evaluation of fitness testing data.                                                                                                                                       | Be able to analyse and interpret data and implement strategies for improvement.        | Be able to identify the different nutrient group and identify specific food examples from each group.        |
| Knowledge     | Relevance of components of fitness to different sports<br><br>The definition of, and suitable fitness tests used,                                                  | The definition and application of each principle of training and goal setting • SPOR principle •                                      | Planning a fitness-based training programme Elements of training programmes                                                                                       | Know how to record and compare results of tests. Understand how to check the                                                                                                           | Know how to produce a fitness- based training programme for                            | • Simple carbohydrates – oranges, biscuits • Complex carbohydrates – rice, potatoes • Bad                    |

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|                                             | to measure each component of fitness<br><br>Fitness component requirements of sports<br><br>Fitness tests for components of fitness                                                                                | SMART goals<br>Advantages and disadvantages of the structure of each training method |                                                                              | effectiveness of a fitness training.                                                                                                                                                    | an identified weakness<br><br>Understand how to monitor progress during a fitness training programme | fats – vegetable oil, lard • Good fats – nuts, salmon                                              |
| <b>Recall/review from previous learning</b> | Knowledge of components of fitness.                                                                                                                                                                                | COFs and relevance to sporting activity                                              | Knowledge of types of training.                                              | Review previous fitness test results and compare against normative data.                                                                                                                | Application of types of training.                                                                    | Identification of nutrient groups.                                                                 |
| <b>Assessment</b>                           | R181: Formative assessment, extended writing task/ completed PP and in class questioning. Summative assessment completed task by date set.                                                                         | R181: Formative assessment, extended writing tasks and in class questioning.         | R181: Formative assessment, extended writing tasks and in class questioning. | R181: Formative assessment, extended writing tasks and in class questioning.                                                                                                            | R183: Formative assessment, extended writing tasks and in class questioning.                         | R183: Formative assessment, extended writing tasks and in class questioning.                       |
| <b>Literacy/Numeracy</b>                    | Tier 3 Terminology<br><br>Cardiovascular endurance/ stamina, Muscular endurance, Speed, Strength, Power, Agility, Balance, Flexibility, Coordination, Reaction time.<br>Normative Data<br>Data handling/comparison | Tier 3 Terminology<br><br>Specificity<br>Progression<br>Overload<br>Reversibility    | Tier 3 Terminology<br><br>Frequency<br>Intensity<br>Time<br>Type             | Tier 3 Terminology<br><br>Continuous training, Fartlek training, Interval training, Circuit training, Plyometrics, Weight/resistance training, HIIT (High Intensity Interval Training). | Tier 3 Terminology<br><br>Goals, Evaluate, Progress, Review.                                         | Tier 3 Terminology<br><br>Nutrients, Medical needs, Allergies<br>Food intolerance<br>Immune system |

| Subject                            | OCR Cambridge National<br>Sports Science                                                                                                                                   |                                                                                                                                                                          | Year Group:                                                                                                     | 11                                                                                                                                      |                                                                                                                                                              |                                                                                                        |
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| Delivery Plan/<br>assessment dates | <b>Task 2:</b> Begin delivery Sept 2027- Task completed by 17-10-27                                                                                                        | <b>Task 3: Diet Plan:</b> Begin delivery 20-10-27TBC 20-11-27<br><b>Task 4 Evaluation:</b> 23-11-27 TBC 3-12-27<br><b>Task 5: Over/ Under/ Dehydration.</b> TBC 18-12-27 | Flip learning<br>Memory recall using knowledge organises to be set as homework form Sept/ 2027 in prep for mock | Delivery of content in lessons begins Nov 2027.<br><br>Memory recall HW and Ever Learner to be set weekly. Scores tracked and recorded. | Jan 2028: All lessons will be dedicated to exam theory content L03/4<br><br>Memory recall HW and Ever Learner to be set weekly. Scores tracked and recorded. | March 2028: Delivery of LO5. Focus on exam technique and extended answer questions                     |
| Unit/Topic                         | R183 Nutrition and Sports Performance. Applying differing dietary requirements to varying types of sporting activity                                                       | R183 Nutrition and Sports Performance Developing a balanced nutrition plan for a selected sporting activity                                                              | R180: Reducing the risk of sports injuries and dealing with common medical conditions                           | R180: Reducing the risk of sports injuries and dealing with common medical conditions                                                   | R180: Reducing the risk of sports injuries and dealing with common medical conditions                                                                        | R180: Reducing the risk of sports injuries and dealing with common medical conditions                  |
| Skills                             | Matching food groups to individual requirements.                                                                                                                           | Designing and developing diet plans.                                                                                                                                     | Identification of risks and the process of risk assessment.                                                     | Design and implement warm up and cool down routines to prepare athletes for exercise.                                                   | Identification of signs and symptoms of common medical conditions and sports injuries.                                                                       | Identification and application of treatment methods for common medical conditions and sports injuries. |
| Knowledge                          | Each activity, endurance, short intense and strength based now split into three distinct areas, looking at dietary requirements before, during and after for each activity | Adapt the nutrition plan to suit a chosen sporting activity • Add or remove relevant nutrients • Change timings • Portion sizes • Amount of meal                         | Different factors which influence the risk and severity of injury                                               | Warm up and cool down routines Different types and causes of sports injuries                                                            | Reducing risk, treatment and rehabilitation of sports injuries and medical conditions                                                                        | Causes, symptoms and treatment of medical conditions                                                   |

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| Recall/review from previous learning | Identify the role of each component of a balanced diet and apply them to meet the needs of various different athletes. | Apply knowledge of nutrient groups to develop a diet plan.                                | Identification of the factors that influence the risk injury in different sports.                                                   | Identification of the different parts of a warm up and cool down.                                                       | Students will be able to recall the signs and symptoms of common medical conditions and sports injuries.                     | Students will be able to recall and application treatment steps for common medical conditions and sports injuries.                                                                      |
| Assessment                           | R183: Formative assessment, extended writing tasks and in class questioning.                                           | R183: Formative assessment, extended writing tasks and in class questioning.              | R180: Examination<br><br>Memory recall HW tracked- <del>Equt</del> completed frequently – Mock exam in Nov 2027                     | R180: Examination<br><br>Memory recall HW tracked- <del>Equt</del> completed frequently – Mock exam in Nov 2027         | R180: Examination<br><br>Memory recall HW tracked- <del>Equt</del> completed frequently –                                    | R180: Examination<br><br>Memory recall HW tracked- <del>Equt</del> completed frequently                                                                                                 |
| Literacy/Numeracy                    | Tier 3 Terminology<br><br>Energy, Hydration, Aid recovery, Aerobic exercise, Half time/interval, Rehydrate.            | Tier 3 Terminology<br><br>Age range, Budget, Cooking skill, Chronic conditions, Bloating. | Tier 3 Terminology<br>Extrinsic, Activity type, Techniques, Rules, Regulations, Experience, Communication<br>Supervision, Behaviour | Tier 3 Terminology<br>Warm up, Components, Routine, Pulse raising, Mobility, Dynamic stretching, Skill rehearsal phase. | Tier 3 Terminology<br>X-rays, Treatment, Therapy, Detect, Massage, Ultrasound, Electrotherapy<br>Hydrotherapy<br>Cryotherapy | Tier 3 Terminology<br><br>Measures, Reduce, Safety, Risk assessment, Level of risk, Control measures, Hazards, Strategies, Medicals, Screening, Policies, Emergency Action Plans (EAP). |