



# KS4 Curriculum Overview

# Sports Science OCR Cambridge Nationals

## Curriculum Intent

Pupils will learn how to prepare participants to take part in physical activity in a way which minimises the risk of injuries occurring; prepare them to be able to react to common injuries that can occur during sport and physical activity and to recognise the symptoms of some common medical conditions.

Pupils will learn how to conduct a range of fitness tests, what they test and their advantages and disadvantages. They will also learn how to design, plan and evaluate a fitness training programme. This will give them the background knowledge they 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. Pupils 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.

Pupils will have the option to learn how both the cardio-respiratory and musculoskeletal systems provide energy for exercising and in turn how exercise helps develop both of these systems. Pupils will also consider the composition of healthy, balanced nutrition. They will understand the necessity of certain nutrients and their role in enabling effective performance in different sporting activities. The knowledge gained will be used to produce an appropriate, effective nutrition plan for a performer.

## How does the KS4 curriculum build on that from KS3?

Cambridge Nationals Sports Science builds on pupil's passion for PE and takes them further into understanding the mechanisms behind practical performance. Included are reducing the risk of injury, applying the principles of training to fitness and how the body responds to exercise as well as the importance of nutrition in sports performance.

## What do students *do* with this knowledge or these skills?

Pupils will be able to apply the fundamental principles and concepts of Sport Science. Develop learning and practical skills that can be applied to real-life contexts and work situations. Think creatively, innovatively, analytically, logically and critically. Develop independence and confidence in using skills that are relevant to the Exercise, Physical Activity, Sport and Health sector and more widely. Prepare participants for physical activity in ways which keeps them safe as well as learning how to react should injuries happen and how to recognise common medical conditions. Learn how to conduct fitness tests, including interpreting and feeding back on the data you get from these as well as how to design, implement and evaluate fitness training programmes.

### How does the KS4 curriculum align to the National Curriculum?

The Cambridge Nationals Sports Science course encourages pupils to access all elements of the National Curriculum across the different topics of study.

### What new knowledge or skills are students taught?

Term	Year 10	Year 11
<b>Autumn</b>	R181 – Applying the principles of training: fitness and how it affects skill performance	R183 – Nutrition and Sports Performance
<b>Spring / Summer</b>	R181 – Applying the principles of training: fitness and how it affects skill performance And R183 – Nutrition and Sports Performance	R180: Reducing the risk of sports injuries and dealing with common medical conditions

**Rationale  
for this  
sequencing**

Pupil's complete coursework for Unit R181 in Year 10 which provides pre-requisite knowledge for future Units. Pupils will the move on to study the exam content of R183. The exam for R180 will be sat in June of Year11.

**Additional support at home**

**Additional reading**  
for enjoyment,  
enhancement and extension

- Awareness of contemporary news/issues from the world of sport.

**Online resources**  
to practice, consolidate and  
revise

- The Everlearner - <https://theeverlearner.com/> R180 Unit Preparation will be set here.
- [OCR exam board](#) information

**Workbooks & revision  
guides**  
to practice, consolidate and  
revise

- [Revision guide](#)