

Long Term Plan - 2022 / 23 – Cambridge National Sport Science Year 9

Year 9 Cycle 1 (R180: Reducing the risk of injuries and dealing with common medical conditions)

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
	W/C 29/08	W/C 05/09	W/C 12/09	W/C 19/09	W/C 26/09	W/C 03/10	W/C 10/10	W/C 17/10	W/C 07/11	W/C 14/11	W/C 21/11	W/C 28/11	W/C 05/12
	Term 1 Student Induction		Y7 Baseline						Term 2	Data Day / Planning Day Y11 Mocks	Y11 Mocks		
Cycle 1	Introduction Lesson Introduction to the course and specific units to be studied Pre testing	R180 DL1 Topic Area 1: 1.1 Extrinsic Factors	R180 DL2 Topic 1 1.2 Intrinsic factors	R180 DL3 Topic 1 1.2 Intrinsic factors Formative Assessment Point 1	R180 DL4 Topic 1 1.2 Intrinsic factors	R180 DL5 Topic 2 2.1 Key components of a warm up 2.2.1 Physiological benefits of a warm up 2.2.2 Psychological benefits of a warm up	R180 DL6 Topic 2 2.3 Key components of a cool down 2.4 Physiological benefits of a cool down Formative Assessment Point 2	R180 DL7 Topic Area 3: 3.1 Acute injuries	R180 DL8 Topic 3 3.2 Chronic injuries Formative Assessment Point 3	R180 DL19 Topic Area 4: 4.1 Measures that can be taken before and during participation in sport or physical activity to reduce risk and severity of injury/medical conditions	R180 DL10 Topic 4 4.1 Measures that can be taken before and during participation in sport or physical activity to reduce risk and severity of injury/medical conditions	R180 DL10 Topic 4 4.2 Responses and treatment to injuries and medical conditions in a sporting context	R180 DL12 Topic 4 4.2 Responses and treatment to injuries and medical conditions in a sporting context Formative Assessment Point 4
Homework	RCWC Box A		RCWC Box B		RCWC Box C		RCWC Box A		RCWC Box B		RCWC Box A		RCWC Box B



	W/C 12 /12	W/C 02/01	W/C 09/01	W/C 16/01	W/C 23/01	W/C 30/01	W/C 06/02	W/C 20/02	W/C 27/02	W/C 06/03	W/C 13/03	W/C 20/03	W/C 27/03
		Term 3	Y8/10 Cycle Assessment			Y7/9 Cycle Assessment		Term 4	Data day / planning day	Y11 Mocks	Y11 Mocks		
Cycle 2	R180 DL14 Topic Area 5: 5.1 Asthma 5.2 Diabetes 5.3 Epilepsy 5.4 Sudden Cardiac Arrest (SCA)	R180 DL15 Topic 5 5.5 Other medical conditions	Topic Area 1 & 2 Recap and revision	Topic Area 3 & 4 Recap and revision	Topic Area 3 & 5 Recap and revision	Cycle assessment R181	R182 DL1 Topic 1 Topic 1.1 Components, function and role of cardio-respiratory system during exercise pressure including stroke volume and cardiac output	R182 DL2 Topic 1 Topic 1.1 Components, function and role of cardio-respiratory system during exercise pressure including stroke volume and cardiac output	R182 DL3 Topic 1 1.2 Cardio-respiratory sports technology Formative Assessment Point 1	R182 DL4 Topic 2 Topic 2.1 The components and role of the Musculo-skeletal system in producing movement	R182 DL5 Topic 2 2.1 The components and role of the Musculo-skeletal system in producing movement	R182 DL6 Topic 2 2.2 Musculo-skeletal sports technology	R182 DL7 Topic Area 3: 3.1 The different short-term effects of exercise on the cardio-respiratory and Musculo-skeletal systems Formative Assessment Point 2
Homework	RCWC Box C		RCWC Box A		RCWC Box B		RCWC Box A		RCWC Box B		RCWC Box C		RCWC Box A



	W/C 17/04	W/C 24/04	W/C 01/05	W/C 08/05	W/C 15/05	W/C 22/05	W/C 05/06	W/C 12/06	W/C 19/06	W/C 26/06	W/C 03/07	W/C 10/07	W/C 17/07
Cycle 3	Term 5				GCSE Exams	GCSE Exams	Term 6 GCSE Exams	GCSE Exams EOY Assessments	GCSE Exams EOY Assessments				Data Day / planning Day
	R182 DL8 Topic 4 4.1 The long term effects of exercise on the cardio- respiratory and Musculo- skeletal systems.	Assignment work	Assignment work	Assignment work	Assignment work	Assignment work	Assignment work	Assignment work	Assignment work	Assignment work	Assignment work	Assignment work	Assignment work
Homework	RCWC Box B		RCWC Box A		RCWC Box B		RCWC Box C		RCWC Box A		RCWC Box B		RCWC Box A



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	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
	W/C 29/08	W/C 05/09	W/C 12/09	W/C 19/09	W/C 26/09	W/C 03/10	W/C 10/10	W/C 17/10	W/C 07/11	W/C 14/11	W/C 21/11	W/C 28/11	W/C 05/12
Cycle 1	Term 1 Student Induction		Y7 Baseline						Term 2	Data Day / Planning Day Y11 Mocks	Y11 Mocks		
	Assignment work	Assignment work	Assignment work	Assignment work	Assignment work	R181 DL1 Topic 1 1.1 Relevance of components of fitness to different sports	R181 DL2 Topic 1 1.1 Relevance of components of fitness to different sports	R181 DL3 Topic 1 1.2. Assess components of fitness	R181DL4 Topic 1 PRACTICAL FITNESS TESTING	R181 DL5 Topic 1 1.2. Assess components of fitness	R181 DL6 Topic 11 1.3- Application of components of fitness to skill performance.	R181 DL7 Topic 2 Principles of training in sport 2.1 Principles of training and goal setting in a sporting context	R181 DL8 Topic 2 2.2 Methods of training and their benefits
	Assignment work	Assignment work	Assignment work	Assignment work	Assignment work	R181 SL1 Topic 1 1.1 Relevance of components of fitness to different sports	R181 SL2 Topic 1 1.1 Relevance of components of fitness to different sports	R181 SL3 Formative Assessment Point 1	R181 SL4 PRACTICAL FITNESS TESTING	R181 SL5 1.2. Assess components of fitness	R181 SL6 Formative Assessment Point 1	R181 SL7 2.1 Principles of training and goal setting in a sporting context	R181 SL8 2.2 Methods of training and their benefits
Homework	RCWC Box A		RCWC Box B		RCWC Box C		RCWC Box A		RCWC Box B		RCWC Box A		RCWC Box B



	W/C 12 /12	W/C 02/01	W/C 09/01	W/C 16/01	W/C 23/01	W/C 30/01	W/C 06/02	W/C 20/02	W/C 27/02	W/C 06/03	W/C 13/03	W/C 20/03	W/C 27/03
		Term 3	Y8/10 Cycle Assessment			Y7/9 Cycle Assessment		Term 4	Data day / planning day	Y11 Mocks	Y11 Mocks		
Cycle 2	R181 DL9 Topic 2 2.2 Methods of training and their benefits PRACTICAL LESSON WHERE STUDENTS LEAD PEERS THROUGH ACTIVITIES	R181 DL10 Topic 2 2.2 Methods of training and their benefits	R181 DL11 Topic Area 3: 3.1 factors when designing a fitness training programme.	R181 DL12 Topic 3 3.2 Planning a fitness based training programme	R181 DL13 Topic 3 3.2 Planning a fitness based training programme	R181 DL14 Topic 3 3.2 Planning a fitness based training programme Undertake training programme testing.	R181 DL15 Topic 3 3.2 Planning a fitness-based training programme	R181 DL16 Topic 3 3.2 Planning a fitness based training programme	R181 DL17 Topic 3 3.2 Planning a fitness based training programme	R181 DL18 Topic 3 3.2 Planning a fitness based training programme	R181 DL 19 Topic 3 3.2 Planning a fitness based training programme	R181 DL20 Topic 3 3.2 Planning a fitness based training programme	R181 DL21 Topic 3 3.2 Planning a fitness based training programme Post programme testing.
	R181 SL19 PRACTICAL LESSON WHERE STUDENTS LEAD PEERS THROUGH ACTIVITIES	R181 SL10 2.2 Methods of training and their benefits	R181 SL11 Formative Assessment Point 1	R181 SL12 3.2 Planning a fitness based training programme	R181 SL13 3.2 Planning a fitness based training programme	R181 SL14 Training programme write up and analysis.	R181 SL15 Training programme write up and analysis.	R181 SL16 Formative Assessment Point 1	R181 SL17 Training programme write up and analysis.	R181 SL18 Training programme write up and analysis.	R181 SL19 Training programme write up and analysis.	R181 SL20 Training programme write up and analysis.	R181 SL21 Training programme write up and analysis.
Homework	RCWC Box C		RCWC Box A		RCWC Box B		RCWC Box A		RCWC Box B		RCWC Box C		RCWC Box A



	W/C 17/04	W/C 24/04	W/C 01/05	W/C 08/05	W/C 15/05	W/C 22/05	W/C 05/06	W/C 12/06	W/C 19/06	W/C 26/06	W/C 03/07	W/C 10/07	W/C 17/07
Cycle 3	Term 5				GCSE Exams	GCSE Exams	Term 6 GCSE Exams	GCSE Exams EOY Assessments	GCSE Exams EOY Assessments				Data Day / planning Day
	R181 DL22 Topic 3 & 4 3.3 Recording results from fitness training programme	R181 DL23 Topic Area 4: 4.1 Effectiveness of a fitness training programme	Assignment Work	Assignment Work	Assignment Work	Assignment Work	Assignment Work	Assignment Work	Assignment Work	Assignment Work	Assignment Work	Assignment Work	Assignment Work
	R181 SL22 Topic 3 & 4 3.3 Recording results from fitness training programme	R181 SL23 4.1 Effectiveness of a fitness training programme	Assignment Work	Assignment Work	Assignment Work	Assignment Work	Assignment Work	Assignment Work	Assignment Work	Assignment Work	Assignment Work	Assignment Work	Assignment Work
Homework	RCWC Box B		RCWC Box A		RCWC Box B		RCWC Box C		RCWC Box A		RCWC Box B		RCWC Box A

