Long Term Plan - 2023 / 24 – Cambridge National Sport Science Year 9

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

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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 |
| Cycle 1 | W/C 28/08 | W/C 04/09 | W/C 11/09 | W/C 18/09 | W/C 25/09 | W/C 02/10 | W/C 09/10 | W/C 16/10 | W/C 06/11 | W/C 13/11 | W/C 20/11 | W/C 27/11 | W/C 04/12 |
| Term 1Student Induction | Y7 Baseline |  |  |  |  |  |  | Term 2 | Data Day / Planning DayY11 Mocks | Y11 Mocks |  |  |
| **Data & Planning** | **Introduction Lesson**Introduction to the course and specific units to be studied **Pre-testing** **R180 DL1 Topic Area 1:** 1.1 Extrinsic Factors | **R180 DL1 Topic Area 1:** 1.1 Extrinsic Factors (continued)**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 up2.2.2Psychological benefits of a warm up | **R180 DL6 Topic 2**2.3 Key components of a cool down2.4 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** |
| HWK |  | **RCWC Box A** | **RCWC Box B** |  | **RCWC Box C** |  | **RCWC Box A** |  | **RCWC Box B** |  | **RCWC Box A** |  | **RCWC Box B** |
| Cycle 2 | W/C 11/12 | W/C 01/01 | W/C 08/01 | W/C 15/01 | W/C 22/01 | W/C 29/01 | W/C 05/02 | W/C 19/02 | W/C 26/02 | W/C 04/03 | W/C 11/03 | W/C 18/03 | W/C 08/04 |
|  | Term 3 |  | Y8/10 Cycle Assessment |  | Y7/9 Cycle Assessment | Training Day | Term 4 | Y8 Residential & Y11 Mocks | Y11 Mocks |  | Geography Day & Data/Planning Days | Term 5Eid Holiday |
| **R180 DL14** **Topic Area 5:** 5.1 Asthma5.2 Diabetes5.3 Epilepsy5.4 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 R180 – JMA Paper** | **DIRT – Cycle Assessment R180 – JMA Paper****R182 DL1** **Topic 1**Topic 1.1 Components. | **R182 DL1** **Topic 1**Topic 1.1 Components | **Cycle assessment R180 – ASU Paper** | **R182 DL1** **Topic 1 - Continued**Topic 1.1 Components**DIRT – Cycle Assessment R180 – ASU Paper** | **R182 DL2** **Topic 1** 1.1.2 function and role of cardio-respiratory system during exercise – **HR & BP** | **R182 DL2** **Topic 1 - Continued** 1.1.2 function and role of cardio-respiratory system during exercise – **BP & Gaseous Exchanged** | **R182 DL3****Topic 1** 1.1.2 function and role of cardio-respiratory system during exercise – **Aerobic & Anaerobic Energy Systems** |
| HWK | **RCWC Box C** |  | **RCWC Box A** |  | **RCWC Box B** |  | **RCWC Box A & Homework Test 1** |  | **RCWC Box B** | **Green Pen Homework Test 1** | **RCWC Box C** | **Homework Test 2** | **RCWC Box E**  |
| Cycle 3 | W/C 15/04 | W/C 22/04 | W/C 29/04 | W/C 06/05 | W/C 13/05 | W/C 20/05 | W/C 03/06 | W/C 10/06 | W/C 17/06 | W/C 24/06 | W/C 01/07 | W/C 08/07 | W/C 15/07 |
|  |  |  | Bank Holiday | GCSE Exams | GCSE Exams | Term 6GCSE Exams | GCSE ExamsEOY Assessments? | GCSE ExamsEOY Assessments?Eid Holiday |  |  |  | Data Day / planning Day  |
| **R182 DL3 Topic** 1.2 Cardio-respiratory sports technology | **R182 DL4****Topic 2****DIRT**Topic 2.1 The components and role of the Musculo-skeletal system in producing movement**Formative Assessment Point 1** | **R182 DL5Topic 2**2.1 The components and role of the Musculo-skeletal system in producing movement**DIRT** |  **R182 DL6****Topic 2** 2.2 Musculo-skeletal sports technology**Formative Assessment Point 2** | **R182 DL7** **Topic Area 3:** DIRT3.1 The different short-term effects of exercise on the cardio-respiratory and Musculo-skeletal systems**DIRT**Assignment work prep. | Eid – Low attendance **DIRT**Assignment work prep. | Assignment Brief Released | Cycle Assessment  | **R182 DL8 Topic 4**4.1 The long term effects of exercise on the cardio-respiratory and Musculo-skeletal systems. | NEA | JMA absence  | Sports Day – No Lesson  | No Lesson  |
| HWK | **Green pen homework Test 2** | **Homework Test 3** | **RCWC Box A** |  | **RCWC Box B** |  | **RCWC Box C** |  | **RCWC Box A** |  | **RCWC Box B** |  | **RCWC Box A** |

**Long Term Plan - 2024 / 25 – Cambridge National Sport Science Year 10**

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| **Cycle 1** | **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** |
| **Double** | **W/C 26/08 - B** | **W/C 02/09 - A** | **W/C 09/09 - B** | **W/C 16/09 - A** | **W/C 23/09 - B** | **W/C 30/09 - A** | **W/C 07/10 - B** | **W/C 14/10 - A** | **W/C 04/11 - B** | **W/C 11/11 - A** | **W/C 18/11 - B** | **W/C 25/11 - A** | **W/C 02/12 - B** |
| Term 1Bank Holiday  |  Student Induction  |  |   |   |   |   |  Thu 17th Drop Down Day | Term 2  | Data Day / Planning Day’s(14th & 15th)Y11 Mocks  | Y11 Mocks  |   |   |
| Data and Planning  | Assignment Brief and Task 1 write upDIRT – C3 Assessment | R182 Short Term effects Practical  | Task 1 Write up   | Task 1 Write up    | Task 1 write up     | Task 2 write up     | Task 2 write up     | Task 2/3 write up     | Data & Planning     | Task 3 write up     | Task 3 write up     | Assignment write up     |
|  **Single** | Data and Planning  | R182 Short Term Effects Practical | Task 1 – Introduction write up | Task 1 Write up   | Task 1 Write up   | Task 2 write up     | Task 2 write up     | Task 2 write up    **21st Oct Entries deadline** | Task 2/3 write up     | Data & Planning     | Task 3 write up     | Task 3 write up     | Assignment write up     |
| **HWK** | **Read Cover Write Check Box A** |   | **Read Cover Write Check Box B**Green pen homework test 3&4  |   Homework test 5 | **Read Cover Write Check Box C**  |   | **Read Cover Write Check Box A**  |   | **Read Cover Write Check Box B**  |   | **Read Cover Write Check Box A**  |   | **Read Cover Write Check Box B**  |
| **Cycle 2****Double** | **W/C 12 /12 - A** | **W/C 20/12 - B** | **W/C 06/01 - A** | **W/C 13/01 - B** | **W/C 20/01 - A** | **W/C 27/01 - B** | **W/C 03/02 - A** | **W/C 10/02 - B** | **W/C 24/02 - A** | **W/C 03/03 - B** | **W/C 10/03 - A** | **W/C 17/03 - B** | **W/C 24/03 - A** |
|   |  | Y8/10 Cycle Assessment Term 3  |   |   | Y7/9 Cycle Assessment  |   | Dixons Conf (14th Friday) | Term 4  | Data day / planning day(6th & 7th)  Y11 Mocks  | Y11 Mocks  |   |   |
|  Assignment write up     |  Assignment write up    Finish R182 Task 1 -3 for all students | **R181 DL1**  **Topic 1** 1.1 Relevance of components of fitness to different sports **10th Jan Centre-assessed mark submission deadline**   |  **R181  DL2** **Topic 1** 1.1 Relevance of components of fitness to different sports    |  **R181 DL3** **Topic 1** 1.2. Assess components of fitness  **Formative Assessment Point 1**    | **R181DL4** **Topic 1** **DIRT Improving** 1.2. Assess components of fitness PRACTICAL FITNESS TESTING   |  **R181 DL5** **Topic 1** 1.2. Assess components of fitness            | **R181 DL6**  **Topic 1** 1.3- Application of components of fitness to skill performance.   **Formative Assessment Point 2**         | **R181 DL7** **Topic 2** **DIRT Improving** **Principles of training in sport** 2.1 Principles of training and goal setting in a sporting context       |  **R181 DL8** **Topic 2** 2.1 Principles of training and goal setting in a sporting context 2.2 Methods of training and their benefits   | **R181 DL9** **Topic 2** 2.2 Methods of training and their benefits PRACTICAL LESSON WHERE STUDENTS LEAD PEERS THROUGH ACTIVITES   | **R181 DL10** **Topic 2** 2.2 Methods of training and their benefits PRACTICAL LESSON WHERE STUDENTS LEAD PEERS THROUGH ACTIVITIES    | **R181 DL14** **Topic 2** 2.2 Methods of training and their benefits **Formative Assessment Point 1**     |
| **Single** | Assignment write up     | Assignment write up     | 1.1 Relevance of components of fitness to different sports |  |  |  |  | **Dixons Conference – No lesson**  |  |  |  |  |  |
| **HWK** | **Read Cover Write Check Box C**  |   | **Read Cover Write Check Box A**  |   | **Read Cover Write Check Box B**  |   | **Read Cover Write Check Box A**  |   | **Read Cover Write Check Box B**  |   | **Read Cover Write Check Box C**  |   | **Read Cover Write Check Box A**  |
| **Cycle 3****Double** | **W/C 31/03 - B** | **W/C 21/04 - A** | **W/C 28/05 - B** | **W/C 05/05 - A** | **W/C 12/05 - B** | **W/C 19/05 - A** | **W/C 02/06 - B** | **W/C 09/06 - A** | **W/C 16/06 - B** | **W/C 23/06 - A** | **W/C 30/06 - B** | **W/C 07/07 - A** | **W/C 14/07 - B** |
|  |  Term 5Bank Holiday |   |  Bank Holiday | GCSE Exams  | GCSE Exams  | Term 6 GCSE Exams  | GCSE Exams EOY Assessments  | GCSE Exams EOY Assessments  |   |   |   | Data Day / planning Day   |
| **R181 DL14** **Topic 2** 2.2 Methods of training and their benefits **Formative Assessment Point 1** **Drop down day**  | **R181 DL15 DIRT Improving Topic Area 3: Organising and planning a fitness training programme** 3.1 factors when designing a fitness 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 **Undertake training programme devised recording results of any mid term or post programme testing.**      | **R181 DL19** **Topic 3** 3.2 Planning a fitness based training programme **Undertake training programme devised recording results of any mid term or post programme testing.** **Formative Assessment Point 1**  | **R181 DL20** **DIRT Improving** **Topic 3** 3.2 Planning a fitness based training programme **Undertake training programme devised recording results of any mid term or post programme testing.**  | **R181 DL21** **Topic 3** 3.2 Planning a fitness based training programme **Undertake training programme devised recording results of any mid term or post programme testing.**    | **R181 DL21** **Topic 3** 3.2 Planning a fitness based training programme **Undertake training programme devised recording results of any mid term or post programme testing.**    | **R181 DL15** **Topic 3 & 4** 3.3 Recording results from fitness training programme **Topic Area 4: Evaluate own performance in planning and delivery of a fitness training programme** 4.1 Effectiveness of a fitness training programme  | Assignment write up     | Assignment write up     |  |
| **Single** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **HWK** | **Read Cover Write Check Box B**  |   | **Read Cover Write Check Box A**  |   | **Read Cover Write Check Box B**  |   | **Read Cover Write Check Box C**  |   | **Read Cover Write Check Box A**  |   | **Read Cover Write Check Box B**  |   | **Read Cover Write Check Box A**  |