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 1  Student Induction | Y7 Baseline |  |  |  |  |  |  | Term 2 | Data Day / Planning Day  Y11 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 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** |
| 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 5  Eid Holiday |
| **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 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 6  GCSE Exams | GCSE Exams  EOY Assessments? | GCSE Exams  EOY 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:**  DIRT  3.1 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 1  Bank 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 up  DIRT – 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 5  Bank 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** |