

Cambridge National

KS4 Order of Teaching 2022-2024 Sport Science

Year	Term 1 Applying the principles of training: Fitness and how it affects skill performance.		Term 2 Applying the principles of training: Fitness and how it affects skill performance		Term 3 Applying the principles of training: Fitness and how it affects skill performance	
10	<p>LO1 -</p> <p>1.1.1 The definition of, and suitable fitness tests used, to measure each component of fitness:</p> <p>1.1.2 Fitness component requirements of sports:</p> <p>1.1.3 Justification of most important components of fitness:</p>	<p>1.2.1 Fitness tests for components of fitness:</p> <p>1.2.2 Collect and interpret the results of fitness tests:</p>	<p>1.2.3 Strengths and areas of improvement of each fitness component:</p> <p>1.3.1 Devising skill based fitness tests</p> <p>1.3.2 Conduct the tests devised</p> <p>1.3.3 Collect, record, and interpret the results of skill based fitness tests:</p>	<p>Training methods: advantages and disadvantages:</p>	<p>Organize, plan and deliver a effective training program and evaluation of training program effectiveness.</p>	<p>Nutrients needed for a balanced nutritional plan.</p> <p>Characteristics of a balanced nutrition plan</p> <p>The role of nutrients in sports and their sources</p>
11	<p>Applying differing dietary requirements to varying types of sporting activity</p> <p>Developing a balanced nutrition plan for a selected sporting activity</p> <p>How nutritional behaviour can be managed to improve sports</p>	<p>Developing a balanced nutrition plan for a selected sporting activity</p>	<p>Externally set exam - Reducing the risk of sports injuries and dealing with common medical conditions</p> <p>Different factors which influence the risk and severity of injury</p>	<p>Reducing the risk of sports injuries and dealing with common medical conditions</p> <p>Warm up and cool down routines</p> <p>Reducing the risk of sports injuries and dealing with common</p>	<p>Different types and causes of sports injuries</p> <p>Reducing risk, treatment and rehabilitation of sports injuries and medical conditions</p> <p>Causes, symptoms and treatment of medical conditions</p>	<p>External exam</p> <p>May 24</p>

	performance Teaching content			medical conditions		
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Sequencing of Topics

Business Assessment, Marking and Feedback plan

Support:

Methods of assessment - describe the forms of assessment you will be using with pupils (google forms, livechat, questioning, test, seneca assignments, final product, etc)

Frequency of assessment - how often will these take place (per lesson, 1 per week, fortnightly, etc)

Rationale - how will this allow the teacher to accurately assess the class and pupils individually? What will you do with these assessments? How can you track/monitor progress? How will you identify gaps?

Feedback - what communication will you be having with pupils to;

- a) let them know how they are doing
- b) guide them to improve
- c) stretching them

Interventions - what techniques/methods will you use to bridge gaps in knowledge or address areas of weakness in individual pupils?

KS4 - Business

Assessment Plan Overview

Term 1		Term 2		Term 3	
Topics/Te st	Dates/We ek	Topics/Te st	Dates/We ek	Topics/Te st	Dates/We ek
Yr10 - 1.2	Week 5	Yr10 - 1.3 - 1.4	Week 2 Week 10	Yr10 - 1.5	Week 6
Yr11 - 2.1 - 2.2	Week 5 Week 10	Yr11 - 2.3 - 2.4	Week 4 Week 10	Yr11 - 2.5	Week 6
Scheduled Summative Assessments					
	Mock Exam Topics		PPE Exam Topics		WTM

Year 11

	All. Full papers 1 & 2	All. Full papers 1 & 2	
Year 10	External Exam (if required)	Mock Exam(s)	
	N/A	All. Full papers 1 & 2	

Dates/Week of assessments can be approximate/subject to change

Methods of whole class assessment	Frequency of assessment	Rationale	Methods of individual assessment	Frequency of assessment	Rationale
Method of feedback		Frequency of feedback		Rationale	

Proactive learning within NCFE Business

Retrieval and securing knowledge in NCFE Business

KS4

Techniques would include:

- Mini whiteboard
- Classwork
- Independent tasks
- Pair/group work
- Homework
- Assessments
- End of topic tests

Cultural Capital in NCFE Business

Topic/content	Link to real world

Careers in NCFE Business

Cross-curricular Links

Subject	Content
Maths	
Geography	
PD	
Science	
English	
PE	