

## Sports Science – Yearly Overview 2024-25

### The aim of delivering this subject:

KS3 - The aim is to develop students' basic understanding of the skeletal system, muscular system, and vital organs, alongside the importance of nutrition and fitness for maintaining good health. Students will learn how these body systems work together during physical activity and explore how healthy eating and regular exercise contribute to overall well-being.

Additionally, students will be encouraged to set and track their own personal fitness goals, fostering motivation and self-awareness. This subject promotes active engagement, reflection, and practical knowledge that supports healthy lifestyle choices and prepares students for further study in physical education and science.

KS4 - The aim of this 2-year NCFE Sports Science course is to give learners a comprehensive and applied understanding of the sports and active leisure sector, with a focus on both physical performance and career development. The course is structured to progressively build knowledge, skills, and confidence through four key units spread over two academic years.

### In Year 1, learners will complete:

- **Unit 1: Participating in Sport** – focusing on developing practical skills in individual and team sports, understanding the physical and mental benefits of participation, and learning how to prepare safely and effectively for sporting activities.
- **Unit 2: Understanding Business in Sport** – introducing learners to the commercial side of the industry, including how sports organisations operate, generate income, and promote events and services.

### In Year 2, learners will progress to:

- **Unit 3: Preparing to Work in Sport** – exploring a range of careers in the sport and leisure sector, understanding the skills and qualifications required, and developing employability skills such as communication, leadership, and planning.
- **Unit 4: Anatomy and Physiology for Exercise** – providing essential scientific knowledge about how the body works during exercise, including the functions of key body systems and how these adapt to physical activity.

Throughout the course, students will engage in both theoretical and practical learning experiences that promote personal development, critical thinking, and readiness for further study or employment. The course aligns with NCFE vocational learning principles and is ideal for learners with an interest in sport, fitness, health, or related careers.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 7/8</b>	Skeletal system	Muscular system	Vital organs	Nutrition	Fitness	My goals

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Year 9</b>	Unit 57 – Taking Part in Sport 1: To know about a sporting activity: 1.1 – List the main benefits of being actively involved in sport. 1.2 – Select a sport suitable to your particular needs. 1.3 – List the health and safety considerations for your chosen sport. 1.4 – List the essential rules of your chosen sport. 1.5 – Outline suitable activities for warming up for your chosen sport.	2: To be able to participate in a sporting activity: 2.1 – To take part in chosen warm-up activities. 2.2 – To take part in your chosen sporting activity over a period of time.  3: To be able to review your performance in a sporting activity:  3.1 – Identify the positive aspects of your own performance in your chosen sporting activity. 3.2 – Identify areas of the sporting activity which require improvement. 3.3 – Suggest ways you can improve your performance.	Unit 58 – Planning a Fitness Programme 1: To know the components of physical fitness: 1.1 – Outline the components of physical fitness. 2: To be able to assess your own fitness level: 2.1 – To assess your own level of fitness. 3:1 To be able to plan your own fitness programme:  3.1 – To set your own fitness targets.	3.2 – To plan a programme to meet your own fitness targets. 4: To be able to implement your own fitness programme. 4.1 – To follow your own fitness programme over a planned period of time.	5: To know how to overcome barriers to achievement of fitness goals: 5.1 – Identify areas to achieving your own fitness goals. 5.2 – Identify ways to overcome barriers to achieving your own fitness goals. 6: To be able to review your own fitness programme: 6.1 – Assess your own fitness programme and identify what went well.	Revist previous units, opportunity to upgrade outcomes.
<b>Year 10</b>	Unit 1: participating in sport, M/505/993	Unit 1: participating in sport, M/505/9936	Unit 2: understanding business in sport, H/505/9948	Unit 2: understanding business in sport, H/505/9948	Unit 2: understanding business in sport, H/505/9948	Revist previous units, opportunity to upgrade outcomes.
<b>Year 11</b>	Unit 3: Preparing to work in the sport and leisure industry, Y/505/9977	Unit 3: Preparing to work in the sport and leisure industry, Y/505/9977	Unit 4: Anatomy and Physiology in sport R/505/9959 Or	Unit 4: Anatomy and Physiology in sport R/505/9959 Or	Revist previous units, opportunity to upgrade outcomes.	Revist previous units, opportunity to upgrade outcomes.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
			Revision and catch up session s	Revision and catch up session s		