



Holy Trinity

Sport Science Long Term Plan

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y10	R183 - Nutrition and sports performance Topic Area 1: Nutrients needed for a healthy, balanced nutrition plan Topic Area 2: Applying differing dietary requirements to varying types of sporting activity	R183 - Nutrition and sports performance Topic Area 3: Developing a balanced nutrition plan for a selected sporting activity	R183 - Nutrition and sports performance Topic Area 4: How nutritional behaviours can be managed to improve sports performance	R180 - Reducing the risk of sports injuries and dealing with common medical conditions Topic Area 1: Different factors which influence the risk and severity of injury Topic Area 2: Warm up and cool down routines	R180 - Reducing the risk of sports injuries and dealing with common medical conditions Topic Area 3: Different types and causes of sports injuries	R180 - Reducing the risk of sports injuries and dealing with common medical conditions Topic Area 4: Reducing risk, treatment and rehabilitation of sports injuries and medical conditions.
Y11	R180 - Reducing the risk of sports injuries and dealing with common medical conditions Topic Area 5: Causes, symptoms and treatment of medical conditions	R181 – Applying the principles of training: fitness and how it affects skill performance Topic Area 1: Components of fitness applied in sport	R181 – Applying the principles of training: fitness and how it affects skill performance Topic Area 2: Principles of training in sport	R181 – Applying the principles of training: fitness and how it affects skill performance Topic Area 3: Organising and planning a fitness training programme Topic Area 4: Evaluating own performance in planning and delivery	Revision for external exam	