



Holy Trinity

Sport Science Long Term Plan

Year 11

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y10						
Y11	<p>R181 – Applying the principles of training: fitness and how it affects skill performance</p> <p>Topic Area 1: Components of fitness applied in sport</p>	<p>R181 – Applying the principles of training: fitness and how it affects skill performance</p> <p>Topic Area 2: Principles of training in sport</p>	<p>R181 – Applying the principles of training: fitness and how it affects skill performance</p> <p>Topic Area 3: Organising and planning a fitness training programme</p> <p>Topic Area 4: Evaluating own performance in planning and delivery</p> <p>Assignment completion-Deadline</p>	<p>R180 - Reducing the risk of sports injuries and dealing with common medical conditions</p> <p>Topic Area 1: Different factors which influence the risk and severity of injury</p> <p>Topic Area 2: Warm up and cool down routines</p> <p>R180 - Reducing the risk of sports injuries and dealing with common medical conditions</p> <p>Topic Area 3: Different types and causes of sports injuries</p>	<p>R180 - Reducing the risk of sports injuries and dealing with common medical conditions</p> <p>Topic Area 4: Reducing risk, treatment and rehabilitation of sports injuries and medical conditions.</p> <p>R180 - Reducing the risk of sports injuries and dealing with common medical conditions</p> <p>Topic Area 5: Causes, symptoms and treatment of medical conditions</p> <p>Revision for external exam</p>	