

Subject: Sports Science	Year Group: 12
Spring 1 – Curriculum Plan	Homework Plan
<p>Topics:</p> <ol style="list-style-type: none"> 1 Components of Health related fitness – CV, Muscular Strength, Muscular Endurance 2 Components of Health related fitness – Flexibility, Body Composition 3 Components of skill related fitness – Agility, Balance, Co-ordination 4 Components of skill related fitness – Power, Reaction, Speed 5 Methods of training – Continuous 6 Methods of training – Fartlek 7 Methods of training – Interval 8 Methods of training – Weights 9 Methods of training – Circuit 10 Methods of training – Flexibility 11 Principles of fitness – SMARTER, FITT 12 Principles of fitness – SPORRAVI, Periodisation 	<p><u>Embed</u> Revision of key words used in the Sports Science specification.</p> <p><u>Apply</u> Answer exam questions demonstrating skills acquired.</p> <p><u>Challenge/Interleaving</u> Exam style questions set as practice to test skills acquired in lessons. Glossary test in every lesson in preparation for end of topic tests.</p> <p><u>Improve/Go Green</u> Based on the feedback the class has received for their PPEs, students complete their TPGG task, making sure they address all the EBIs and annotations in their folders.</p>
<p>ASSESSMENT OBJECTIVES:</p> <p>AO1: • Demonstrate knowledge and understanding of the factors that underpin knowledge of components of fitness and training principles.</p> <p>AO2: Apply knowledge and understanding of the factors that underpin understanding and application of components of fitness and training principles.</p> <p>AO4: Analyse and evaluate the factors that underpin understanding and application of components of fitness and training principles.</p> <p>OUTLINE: Pupils will be expected know the key terminology, apply practical examples and analyse performance in a range of activities. Exam questions will be used frequently (exam booklet) in lessons and set as h/w.</p>	