

# The Bishop of Winchester Academy Curriculum Plan – Sport Science



The **Sport Science** curriculum at The Bishop of Winchester Academy has been designed with the key aim of enabling students to live life to the full. Through the acquisition of knowledge and the practised application of skill, students can have the courage to be wise and make intelligent, informed decisions.

Our knowledge-based curriculum is ambitious in its breadth and depth, offering challenge to learners irrespective of their background. Through setting high expectations and accepting no excuses for all, we counter social disadvantage and bolster aspirations. Students are nurtured and supported throughout their journey at The Bishop, and explore ways to develop their awareness, collaboration, creativity, empathy, independence and resilience, collectively referred to as our LApps (Learning Applications).

Year 10	Michaelmas (M1)	Michaelmas (M2)	Lent (L1)	Lent (L2)	Pentecost (P1)	Pentecost (P2)
Disciplinary Knowledge	Components of fitness Fitness testing Validity and reliability of fitness testing	Components of fitness Key skills within team and individual sports	Principles of training SMART goals Methods of training	Elements of a training programme	Evaluating a training programme	Balance nutritional diet
Disciplinary Skills	Application of practical examples Setting up and conducting fitness tests Analysis of results compared to normative data	Creating and conducting skill related fitness tests Application of practical examples Demonstration of key skills in team and individual sports	Application of knowledge Demonstrating different training methods	Creating a training programme Risk assessment	Comparison of pre- and post-fitness test Analysing the effectiveness of a training programme	Application of knowledge
Personal Development	LApp: Awareness LApp: Independence	LApp: Creativity	LApp: Awareness LApp: Independence	LApp: Independence LApp: Resilience	LApp: Awareness	LApp: Empathy
Future Pathways	Sports Scientist	Coach	Strength and conditioning coach	Exercise physiologist	Performance analyst	Nutritionist



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Year 11	Michaelmas (M1)	Michaelmas (M2)	Lent (L1)	Lent (L2)	Pentecost (P1)	Pentecost (P2)
Disciplinary Knowledge	Balanced nutritional diet Extrinsic and intrinsic factors influencing injury Warming up and cooling down	Different types of injuries Medical conditions	Extrinsic and intrinsic factors influencing injury Warming up and cooling down	Different types of injuries Medical conditions	Extrinsic and intrinsic factors influencing injury Warming up and cooling down Different types of injuries Medical conditions	
Disciplinary Skills	Creating a Nutrition plan Application of practical examples	Application of practical examples Diagnosis of an on-field assessment Creating emergency action plans	Application of practical examples	Application of practical examples Diagnosis of an on-field assessment Creating emergency action plans	Application of practical examples Diagnosis of an on-field assessment Creating emergency action plans	
Personal Development	LApp: Empathy LApp: Awareness	LApp: Empathy LApp: Awareness	LApp: Empathy LApp: Awareness	LApp: Empathy LApp: Awareness	LApp: Empathy LApp: Awareness	
Future Pathways	Nutritionist	Physiotherapy	Chiropractor	First aider	Sports Doctor	

