

**Long-term planning (LTPs)** - Planning how the key concepts, knowledge, skills identified in the Progression map will be delivered termly per year group  
 Ensuring that end points & NC/spec are covered  
 Identifying what assessments are planned and when

R042 : APPLYING THE PRINCIPLES OF TRAINING / R043 The Bodys response to Physical activity						
YEAR 9	Autumn 1 (7)	Autumn 2 (7)	Spring 1(6)	Spring 2(6)	Summer 1(6)	Summer 2 (6)
<b>Unit title:</b>	R042 Applying the Principles of Training	R042 Applying the Principles of Training	R042 Applying the Principles of Training	R043 The Body's response to Physical activity	R043 The Body's response to Physical activity	R043 The Body's response to Physical activity
<b>Unit length:</b>	21 Lessons	21 Lessons	18 Lessons	18 Lessons	18 Lessons	18 Lessons
<b>Key concepts:</b>	Principles of Training Components of fitness Methods of Training	Fitness testing	Designing a Fitness Programme	Skeletal system Muscular system Cardiovascular system Respiratory system	Muscular skeletal system and movement Cardiorespiratory system and movement	Benefits of fitness for every day life Effects on the heart Preventing cancer Reducing stress Benefits of flexibility Respiration
<b>Knowledge/ Skills:</b>	FITTA Progression Specificity Moderation Variance Principles of training and applying to sports Aerobic and anaerobic exercise Training methods	.Fitness tests for... Strength Power Agility Balance Flexibility Muscular endurance Cardiovascular endurance Interpretation of the fitness test results for self / another student	Gather client details Clarify Aims and objectives of the programme Set realistic goals Use SMART targets Suitability of training methods Organisation of programme Adaptability Complete exercise programme over 6 weeks Evaluation of fitness programme	Major bones Major muscles Locations Synovial joint structures Movements at joints Connective tissue Functions of the musculo skeletal system Cardio respiratory system Cardio respiratory structures Blood vessels Components of blood	Types of movements Isometric Isotonic Concentric Eccentric Heart rate Blood pressure Cardiac output Stroke volume Mechanics of breathing Respiratory volumes Vascular shunting IRV / ERV	Gaseous exchange Production of energy BMI Obesity Diabetes Weight control Energy balance Age and obesity Heart disease CHD Heart attack Cholesterol Stroke Hoe does exercise help? Cancer and exercise



R041: Reducing the risks of sports injuries / R043 The Bodys response to Physical activity						
YEAR 10	Autumn 1(7)	Autumn 2(7)	Spring 1(6)	Spring 2(6)	Summer 1(6)	Summer 2(6)
<b>Unit title:</b>	R041: Reducing the risks of sports injuries	R041: Reducing the risks of sports injuries	R043 The Body's response to Physical activity	R043 The Body's response to Physical activity	R043 The Body's response to Physical activity	R043 The Body's response to Physical activity
<b>Unit length:</b>	21 Lessons	21 Lessons	18 Lessons	18 Lessons	18 Lessons	18 Lessons
<b>Key concepts:</b>	Physical preparation for exercise that will reduce the risk of injury	Physical preparation for exercise that will reduce the risk of injury	Short term effects of exercise Long term effects of exercise Measuring STE and LTE of exercise 6 week training programme	Short term effects of exercise Long term effects of exercise Measuring STE and LTE of exercise 6 week training programme	Short term effects of exercise Long term effects of exercise Measuring STE and LTE of exercise 6 week training programme	Short term effects of exercise Long term effects of exercise Measuring STE and LTE of exercise 6 week training programme
<b>Knowledge/ Skills:</b>	Extrinsic factors Intrinsic factors Posture Posture defects Causes of poor posture Warm ups and cool downs design Physical and psychological benefits of warm ups and cool downs Considerations when designing warm ups and cool downs	.Acute and chronic injuries Treatment of chronic and acute injuries Emergency action plans Common medical conditions Treatment of common medical conditions Revision	Increase heart rate Increase stroke volume Increased cardiac output Increased adrenaline Changes to breathing rates Concentrations of O2 and CO2 in lungs CO2 and breathing rates Temperature regulation Muscle fatigue	How to measure the STE of exercise practical Fitness tests and measuring the STE of exercise Recording results and findings	The long term effects of exercise on the body Muscle hypertrophy Strength Muscle fibres Changes in Heart rate Bradycardia Recovery Lung capacity Recording outcome of a 6 week training programme Heart rate Muscle size	The long term effects of exercise on the body Muscle hypertrophy Strength Muscle fibres Changes in Heart rate Bradycardia Recovery Lung capacity Recording outcome of a 6 week training programme Heart rate Muscle size



R044 SPORT PSYCHOLOGY						
YEAR 11	Autumn 1(7)	Autumn 2(7)	Spring 1(6)	Spring 2(6)	Summer 1	Summer 2
<b>Unit title:</b>	R044 Sports Psych	R044 Sports Psych	R044 Sports Psych	R044 Sports Psych		
<b>Unit length:</b>	21 lessons	21 Lessons	18 Lessons	18 Lessons		
<b>Key concepts:</b>	Personality	Motivation Aggression	Arousal and Anxiety	Psychological Strategies		
<b>Knowledge/ Skills:</b>	Definitions Introvert Extrovert Personality and links to sports Trait Social Learning theory	Definitions Intrinsic / extrinsic NACH / NAF Implications for coach / teacher Definitions Types of aggression Reasons for aggression Theories of aggression SLT / Trait theories	Definitions Theories of Arousal Inverted U Drive theory ZOF Anxiety definitions Types of anxiety Measuring Anxiety	SMART Goal Setting Testing a client SCAT testing Psychological strategies outline Re testing a client Referring to measure to show improvements Evaluation of Psychological strategies		
<b>End points covered:</b>	Develop a deep understanding of the relationship between sport psychology and the pressure of professional sports and the control of human behaviours	Develop a deep understanding of the relationship between sport psychology and the pressure of professional sports and the control of human behaviours	Develop a deep understanding of the relationship between sport psychology and the pressure of professional sports and the control of human behaviours	Develop a deep understanding of the relationship between sport psychology and the pressure of professional sports and the control of human behaviours		
<b>NC/Spec coverage:</b>	LO1 Personality R044	LO2 Motivation R044 LO3 Aggression	LO4 Anxiety and Arousal R044	LO5 Psychological Strategies R044		

WFA Long Term Plan: OCR CAMBRIDGE NATIONAL: SPORT SCIENCE

<b>Cross-curricular links:</b>	GCSE Psychology	GCSE Psychology	GCSE Psychology	GCSE Psychology		
<b>Assessments:</b>	1 formative LO 1 Personality 1 Summative MB1-2-3 LO1 Personality	1 formative LO 2 / LO3 Motivation & Aggression 1 Summative MB1-2-3 LO2 & 3 Motivation & Aggression	1 formative LO4 Anxiety / Arousal 1 Summative MB1-2-3 LO4 Anxiety / Arousal	1 formative LO 5 Psychological Strategies 1 Summative MB1-2-3 LO5 Psychological Strategies		
<i>Other academy intent priorities</i>						
<b>Curriculum Careers - Gatsby 4</b>	Sports Analyst Sport Psychologist Behaviour analyst Sport Scientist	Sports Analyst Sport Psychologist Behaviour analyst Sport Scientist	Sports Analyst Sport Psychologist Behaviour analyst Sport Scientist	Sports Analyst Sport Psychologist Behaviour analyst Sport Scientist		
<b>Culturally rich – broadening horizons</b>	Trips to Colleges Loughborough University Sport Science	Trips to Colleges Loughborough University Sport Science	Trips to Colleges Loughborough University Sport Science	Trips to Colleges Loughborough University Sport Science		