

Key Stage 4 Year 10
Curriculum Map for Students

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic Overview	Reducing the risk of sports injuries and dealing with common medical conditions	Reducing the risk of sports injuries and dealing with common medical conditions	Reducing the risk of sports injuries and dealing with common medical conditions	Reducing the risk of sports injuries and dealing with common medical conditions	Reducing the risk of sports injuries and dealing with common medical conditions	Reducing the risk of sports injuries and dealing with common medical conditions
Focus	<p><u>Topic 1: Different factors which influence the risk and severity of injury</u></p> <p>1.1 Extrinsic factors 1.1.2 Coaching/Instructing/Leading 1.1.3 Environment 1.1.4 Equipment</p> <p><u>Topic 2: Warm up and cool down routines</u></p> <p>2.1 Key components of a warm up 2.2 Physiological and psychological benefits of a warm up 2.2.1 Physiological benefits: 2.2.2 Psychological benefits: 2.3 Key components of a cool down 2.3.1 Pulse lowering</p>	<p><u>Topic 3: Different types and causes of sports injuries</u></p> <p>3.1 Acute injuries 3.1.1 Overview of acute injuries: 3.1.2 Soft tissue and hard tissue injuries 3.1.3 Strains 3.1.4 Sprains: 3.1.5 Skin damage: 3.1.6 Fractures: 3.1.7 Dislocations 3.1.8 Head injuries: 3.2 Chronic injuries 3.2.1 Overview of chronic injuries: 3.2.2 Tendonitis: 3.2.3 Epicondylitis: 3.2.4 Shin splints 3.2.5 Stress fractures</p>	<p><u>Topic 4: Reducing risk, treatment and rehabilitation of sports injuries and medical conditions</u></p> <p>4.1 Measures that can be taken before and during participation in sport or physical activity to reduce risk and severity of injury/medical conditions 4.1.1 Safety checks: 4.1.2 Strategies to help reduce the risk of sports injuries and medical conditions: 4.1.3 Emergency Action Plans (EAP): 4.2 Responses and treatment to injuries and medical conditions in a sporting context 4.2.1 SALTAPS on-field assessment routine 4.2.2 DRABC is an acronym for (Danger,</p>	<p><u>Topic Area 5: Causes, symptoms and treatment of medical conditions</u></p> <p>5.1 Asthma 5.1.1 Overview of asthma and asthma attacks 5.1.2 Causes/triggers of asthma: 5.1.3 Common Symptoms of asthma: 5.1.4 Treatment 5.2 Diabetes 5.2.1 Overview of Type 1 and Type 2 diabetes 5.2.2 Causes of Type 1 and Type 2 diabetes: 5.2.3 Common symptoms of Type 1 and Type 2 diabetes: 5.2.4 Treatment of Type 1 and Type 2 diabetes: 5.2.5 Monitoring and treatment of different blood sugar levels:</p>	<p><u>Topic Area 5: Causes, symptoms and treatment of medical conditions</u></p> <p>5.3 Epilepsy 5.3.1 Overview of epilepsy 5.3.2 Common causes/triggers of epilepsy: 5.3.3 Common symptoms of seizures affecting different parts of the body: 5.3.4 Treatment: 5.4 Sudden Cardiac Arrest (SCA) 5.4.1 Overview of SCA 5.4.2 Causes of SCA: 5.4.3 Symptoms of SCA: 5.4.4 Treatment for SCA:</p>	<p><u>Topic Area 5: Causes, symptoms and treatment of medical conditions</u></p> <p>5.5 Other medical conditions 5.5.1 Overview of hypothermia 5.5.2 Causes of hypothermia: 5.5.3 Symptoms of hypothermia: 5.5.4 Treatment for hypothermia: 5.5.5 Overview of heat exhaustion 5.5.6 Causes of heat exhaustion: 5.5.7 Symptoms of heat exhaustion: 5.5.8 Treatment for heat exhaustion: 5.5.9 Overview of dehydration. 5.5.10 Causes of</p>

	<p>2.3.2 Stretching: 2.4 Physiological benefits of a cool down 2.4.1 Physiological benefits:</p>		<p>Response, Airway, Breathing, Circulation) 4.2.3 Recovery position: 4.2.4 PRICE therapy 4.2.5 Use of X-rays to detect injury 4.2.6 Overview of treatments/therapies 4.2.7 Different psychological effects of dealing with injuries and medical conditions including treatment and long-term rehabilitation</p>			<p>dehydration: 5.5.11 Symptoms of dehydration: 5.5.12 Treatment for dehydration:</p>
Assessment	Unit Tests leading to an exam at the end of year 10	Unit Tests leading to an exam at the end of year 10	Unit Tests leading to an exam at the end of year 10	Unit Tests leading to an exam at the end of year 10	Unit Tests leading to an exam at the end of year 10	Unit Tests leading to an exam at the end of year 10