

Key Stage 4 Year 11
Curriculum Map for Students

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic Overview	Applying the principles of training: fitness and how it affects skill performance	Applying the principles of training: fitness and how it affects skill performance	Applying the principles of training: fitness and how it affects skill performance	Nutrition and sports performance	Nutrition and sports performance	N/A
Focus	1.1 Relevance of components of fitness to different sports 1.2 Assess components of fitness 1.3 Application of components of fitness to skill performance 2.1 Principles of training and goal setting in a sporting context	2.2 Methods of training and their benefits 3.1 Factors when designing a fitness training programme 3.2. Planning a fitness based training programme	3.3 Recording results from fitness training programme 4.1 Effectiveness of a fitness training programme	1.1 Characteristics of a balanced nutrition plan 1.2 The role of nutrients in sports and their sources 2.1 The dietary requirements of endurance/aerobic activities 2.2 The dietary requirements of short intense/anaerobic activities 2.3 The dietary requirements of strength based activities	3.1 How to design and develop a balanced nutrition plan 3.2 Key factors when considering the success / impact of a nutrition plan 4.1 The effect of overeating on sports performance 4.2 The effects of undereating on sports performance 4.3 The effect of dehydration on sports performance	N/A
Assessment	Set coursework by the exam board that is internally assessed.	Set coursework by the exam board that is internally assessed.	Set coursework by the exam board that is internally assessed.	Set coursework by the exam board that is internally assessed.	Set coursework by the exam board that is internally assessed.	Exams