

Cambridge National: Sports Science

Team Byrchall - Sport for Life

- Promoting and celebrating success
- Encouraging all to lead a healthy, active lifestyle
- Giving any ability the chance to participate and engage
- Motivating all members of the school community
- Helping talented performers further develop
- Developing fair play and sportsmanship in students

'Team Byrchall – Sport for Life' encourages lifelong participation in sporting activity. The Team Byrchall ethos helps students to build confidence and security in PE, which in turn impacts on the high volume of students who are involved in extra-curricular activities both in and out of school.

Physical

- To promote an appreciation of physical movement through observation and analysis.
- To develop the student's ability to plan and compose movement sequences in a wide variety of activities.
- To develop the capacity to create and express ideas through the media of planning, performing and evaluating movement.
- To utilise modern technology to analyse physical performance and movement.
- To encourage the appreciation of and the ability to monitor physical fitness.
- To encourage students to remember, adapt and apply knowledge, skills and concepts in a variety of movement related activities.
- To promote the development of movement coordination, confidence and the acquisition of a range of motor skills.

Personal

- To allow for students to work cooperatively and develop interpersonal and communication skills.
- To encourage responsible attitudes towards safety and develop a working knowledge of safe practice in all activities.
- To educate students with regard to health, hygiene and fitness. To give students the opportunity to discover and to use appropriately the facilities available locally
- To develop a healthy attitude towards competition.
- To provide through all activities the highest form of enjoyment.

Cambridge National in Sport Science

Unit	Duration (lessons - GLH)	Learning Objectives/Outcomes
Sport Science Unit R181: Applying principles of training, fitness and how it affects skilled performance	48	<p>Topic Area 1 – Components of fitness applied in Sport</p> <ul style="list-style-type: none"> • Relevance of components of fitness to different sports • The definition of and suitable fitness tests used, to measure each component of fitness • Fitness components requirements of sports • Justification of most important components of fitness • Assess components of fitness • Fitness tests • Collect and interpret the results of fitness tests • Strengths and areas of improvement of each fitness component • Application of components of fitness to skill performance • Devising Skill based fitness tests • Conduct the tests devised • Collect, record and interpret the results of skill-based fitness tests <p>Topic Area 2 – Principles of training in Sport</p> <ul style="list-style-type: none"> • Principles of training and goal setting in a sporting context • Definition and application of each principle of training and goal setting • Methods of training and their benefits • Advantages and disadvantages of the structure of each training method • Aerobic exercise • Anaerobic exercise <p>Topic Area 3 – Organising and planning a fitness training programme</p> <ul style="list-style-type: none"> • Factors when designing a fitness training programme • Considerations to inform planning • Applying principles of training • Recording results from fitness training programme • Post programme tests (skill and fitness)

		<ul style="list-style-type: none">• Achievements recognised <p>Topic Area 4 – Evaluate own performance in planning and delivery of a fitness training programme</p> <ul style="list-style-type: none">• Effectiveness of a fitness training programme• Reflections on the fitness training programme• Strengths and areas for improvement of the fitness training programme• Further development suggestions for improvement to the fitness training programme
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