

Subject	PE		
	Interpretation of National Curriculum into Year group Endpoints		
Year	Term 1	Term 2	Term 3
10 - Cambridge National Sports Science	<p>Applying principles of training: Principles of Training. Aerobic and Anaerobic Exercise. Components of Fitness/Training Methods for each CoF. Fitness Tests for each CoF- protocol and taking part.</p> <p>Design and follow a personal training programme: Personal details, PAR-Q Goals, aims, duration, suitability of activities, adaptability, progression Evaluate effectiveness of training programme</p>	<p>Reducing the risk of sporting injuries: Understand different factors which influence the risk of injury: extrinsic factors which can influence the risk of injury. intrinsic factors which can influence the risk of injury.</p> <p>Understand how appropriate warm up and cool down routines can help to prevent injury: the physical benefits of a warm up. the psychological benefits of a warm up. key components of a warm up. physical benefits of a cool down. key components of a cool down. specific needs which a warm up and cool down must consider.</p>	<p>Know how to respond to injuries within a sporting context: acute and chronic injuries. types, causes and treatment of common sports injuries. how to respond to injuries and medical conditions in a sporting context. Emergency Action Plans (EAP) in a sporting context.</p> <p>Know how to respond to common medical conditions: the symptoms of common medical conditions. how to respond to these common medical conditions.</p>