

Subject	PE		
	Interpretation of National Curriculum into Year group Endpoints		
Year	Term 1	Term 2	Term 3
<p>11- Cambridge National Sports Science</p>	<p>The body's response to physical activity: Understand the importance of the musculo-skeletal and cardio-respiratory systems in health and fitness: benefits of cardio-respiratory fitness in everyday life. benefits of muscular strength and flexibility, benefits of muscular endurance, Be able to assess the short-term effects of physical activity on the musculo-skeletal and cardio-respiratory systems. Be able to assess the long-term effects of physical activity on the musculo-skeletal and cardio-respiratory systems.</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. Know how to respond to common medical conditions: the symptoms of common medical conditions. how to respond to these common medical conditions.</p>	<p>Technology in sport: Know how technology is used in sport: how technology is used to enhance performance. how technology is used to enhance game play. how technology is used to enhance spectatorship. Understand the positive effects of sports technology: the positive effects of sports technology, in performance. Understand the negative effects of sports technology:</p>	<p>Be able to evaluate the impact of technology in sport: the factors affecting the use of technology in sport.</p>