

# Curriculum Summary Document

## Year 11 – Sport Science

Module/Unit of Learning	Taught During	What will students learn?	How does this prepare students for success in Cambridge National Sport Science?	Links to other Subjects
Applying the principles of training	Autumn Term of Year 11	<p>Students refine their understanding of how to design, plan and evaluate a fitness training programme. They complete and review fitness test data, apply the principles of training and justify programme choices.</p> <p>Students develop confidence adapting plans based on strengths, weaknesses and performance demands.</p>	<p>This unit strengthens vocational expertise by requiring students to analyse data, justify training decisions and evaluate programme effectiveness.</p> <p>These applied skills directly support high-quality assignment evidence and develop readiness for assessment success.</p>	<p>Oracy: developing precise spoken explanation</p> <p>Science: body systems, injury response and health</p> <p>Maths: interpreting data and reviewing performance</p> <p>Food Technology: nutrition and dietary understanding</p>
Reducing the risk of sports injuries	Spring Term of Year 11	<p>Students learn factors that influence injury risk, warm-up and cool-down routines, and different types and causes of injuries. They explore treatment, rehabilitation and how to respond to common medical conditions.</p> <p>Students apply knowledge to practical sport scenarios, considering intrinsic and extrinsic factors.</p>	<p>Students build practical understanding of safe participation and injury management, enabling them to apply theoretical knowledge confidently.</p> <p>This prepares them to meet CNAT assessment expectations through clear explanation, analysis and applied decision-making.</p>	
Exam Preparation & Moderation	Summer Term of Year 11	<p>Students consolidate understanding of all CNAT units. They refine coursework evidence, practise interpreting data and improve their ability to justify decisions.</p> <p>Students use targeted revision techniques to prepare for external moderation and demonstrate applied vocational skills.</p>	<p>Students develop the ability to present clear, accurate coursework evidence, interpret qualitative and quantitative data and justify choices using vocational language.</p> <p>This prepares them for external assessment and supports secure performance across all CNAT components.</p>	