



Exams
& post
16 study

Practice papers

Injury exam

Assessment point



Types of
causes of
injuries

Causes & treatment of injuries
& medical conditions

Warm ups
and cool
downs

Diet plans linked to scenario

Assessment point

Sports nutrition

Importance of nutrition in
different sports



Assessment point

Factors
influenci
ng injury

Year 11

Apply training unit to own plan to improve
weaknesses

Link to own
training plan

Training Plan & Evaluation

Principles of training

Methods and Principles
relating to scenario

Equipment, benefits
and disadvantages

Assessment point

Components of fitness

Fitness tests

Components of
fitness for
different sports

Fitness test protocols
and results



KS4

PINPOINT LEARNING

Nutrients for
a, balanced
diet linked to
scenario