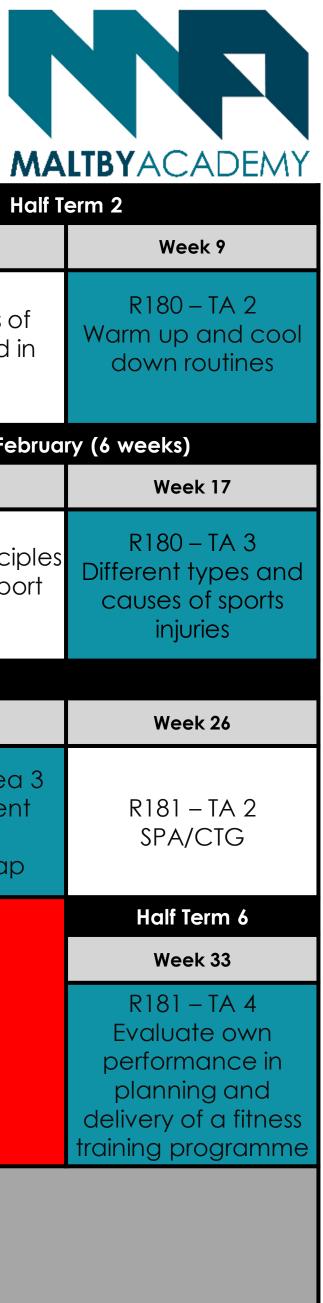
Year Group 10 MRO, Cambridge Nationals Sport Science, 2022/23

Half Term 1: 5 th September – 21 st October (7 weeks)									erm 2
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7		Week 8	Wee
R180 – TA 1 Different factors which influence the	R181 – TA 1 Components of fitness applied in	R180 – TA 1 Different factors which influence the risk of severity	R181 – TA 1 Components of fitness applied in	R180 – TA 1 Different factors which influence the risk of severity	R181 – TA 1 Components of fitness applied in	R180 Topic Area 1 SPA Assessment	Holiday	R181 – TA 1 Components of fitness applied in	R180 - Warm up down re
risk of severity	sport	TISK OF SEVENTY	sport	TISK OF SEVENTY	sport	Close the Gap		sport	
Half Term 2: 31 st October – 16 th December (7 weeks)							Half Term 3: 3 rd January - 10 th February (6 weeks)		
Week 10	Week 11	Week 12	Week 13	Week 14			Week 15	Week 16	Wee
R181 – TA 1 Assignment	R180 – TA 2 Warm up and cool down routines	R181 – TA 1 SPA/CTG	R180 – TA 2 Warm up and cool down routines	R181 - TA 2 Principles of training in sport	Holiday	Holiday	R180 Topic Area 2 SPA Assessment Close the Gap	R181 - TA 2 Principles of training in sport	R180 - Different t causes c inju
Half Term 3: 3 rd January - 10 th February (6 weeks)						ry – 31 st March (6 weeks)			
Week 18	Week 19	Week 20		Week 21	Week 22	Week 23	Week 24	Week 25	Wee
R181 – TA 2 Assignment	R180 – TA 3 Different types and causes of sports	R181 – TA 2 SPA/CTG	Holiday	R180 – TA 3 Different types and causes of sports	R181 – TA 3 Organising and planning fitness	R180 – TA 3 Different types and causes of sports	R181 – TA 3 Assignment	R180 Topic Area 3 SPA Assessment	R181 - SPA/
	injuries	R181 – TA 3		injuries	training programme	e injuries		Close the Gap	
	Holiday	Half Term 5: 17 th April – 26 th May (6 weeks)							Half Te
Holiday		Week 27	Week 28	Week 29	Week 30	Week 31	Week 32		Wee
		R180 – TA 4 Reducing risk, treatment and rehabilitation of sports injuries and medical conditions	R181 – TA 4 Evaluate own performance in planning and delivery of a fitness training programme	R180 – TA 4 Reducing risk, treatment and rehabilitation of sports injuries and medical conditions	R181 – TA 4 Assignment	R181 – TA 4 Evaluate own performance in planning and delivery of a fitness training programme	R181 – TA 4 SPA/CTG	Holiday	- R181 Evaluat perform plannir delivery o training pre
Half Term 6: 5 th June – 21 st July (7 weeks)						<u>Curriculum Intent:</u>			
Week 34	Week 35	Week 36	Week 37	Week 38	Week 39				
R181 - Consolidation	R180 Topic Area 4 SPA Assessment Close the Gap	R181 - Consolidation	R181 - Consolidation	R181 - Consolidation	R181 - Consolidation				



Year Group 10 RMC, Cambridge Nationals Sport Science, 2022/23

Half Term 1: 5 th September – 21 st October (7 weeks)								Half T	erm 2
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7		Week 8	Weel
R181 – TA 1 Components of	R180 – TA 1 Different factors	R181 – TA 1 Components of	R180 – TA 1 Different factors	R181 – TA 1 Components of	R180 Topic Area 1 SPA Assessment	R181 – TA 1 Components of fitness applied in	Holiday	R180 – TA 2 Warm up and cool	R181 – Assignr
fitness applied in sport	which influence the risk of severity	fitness applied in sport	which influence the risk of severity	fitness applied in sport	Close the Gap	sport		down routines	Assigni
Half Term 2: 31 st October – 16 th December (7 weeks)							Half Term 3: 3 rd January - 10 th February (6 wee		
Week 10	Week 11	Week 12	Week 13	Week 14		Holiday	Week 15	Week 16	Week
R180 – TA 2 Warm up and cool	$\mathbf{R} = \mathbf{R} + $	R180 – TA 2 Warm up and cool down routines	R181 - TA 2 Principles of training in sport	R180 Topic Area 2 SPA Assessment	Holiday		R181 - TA 2 Principles of training in sport	R180 – TA 3 Different types and causes of sports	R181 – Assignr
down routines				Close the Gap			Ŭ I	injuries	
Half Term 3: 3 rd January - 10 th February (6 weeks)					ry – 31 st March (6 weeks)				
Week 18	Week 19	Week 20	Heliday	Week 21	Week 22	Week 23	Week 24	Week 25	Week
R180 – TA 3	R181 – TA 2	R180 – TA 3		R181 – TA 3	R180 – TA 3		R180 Topic Area 3		R180 - Reducin
Different types and causes of sports	SPA/CTG	Different types and causes of sports	Holiday	Organising and planning fitness	Different types and causes of sports	R181 – TA 3 Assignment	SPA Assessment	R181 – TA 2 SPA/CTG	treatmer
injuries	R181 – TA 3	injuries		training programme		7.531911110111	Close the Gap	5170010	rehabilitc sports injur
									medical co
	Holiday	Half Term 5: 17 th April – 26 th			– 26 th May (6 weeks)				Half Te
Holiday		Week 27	Week 28	Week 29	Week 30	Week 31	Week 32		Week
		R181 – TA 4 Evaluate own performance in planning and delivery of a fitness training programme	R180 – TA 4 Reducing risk, treatment and rehabilitation of sports injuries and medical conditions	R181 – TA 4 Assignment	R180 – TA 4 Evaluate own performance in planning and delivery of a fitness training programme	R181 – TA 4 SPA/CTG	R180 – TA 4 Evaluate own performance in planning and delivery of a fitness training programme		R181 - Cons
Half Term 6: 5 th June – 21 st July (7 weeks)						<u>Curriculum Intent:</u>			
Week 34	Week 35	Week 36	Week 37	Week 38	Week 39				
R180 Topic Area 4 SPA Assessment	R181 - Consolidation	onsolidation R181 - Consolidation	R181 - Consolidation	R181 - Consolidation	R181 - Consolidation				
Close the Gap									

