

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



Half Term 1: 5 th September – 21 st October (7 weeks)							Holiday	Half Term 2		
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7		Week 8	Week 9	
R180 – TA 1 Different factors which influence the risk of severity	R181 – TA 1 Components of fitness applied in sport	R180 – TA 1 Different factors which influence the risk of severity	R181 – TA 1 Components of fitness applied in sport	R180 – TA 1 Different factors which influence the risk of severity	R181 – TA 1 Components of fitness applied in sport	R180 Topic Area 1 SPA Assessment Close the Gap		R181 – TA 1 Components of fitness applied in sport	R180 – TA 2 Warm up and cool down routines	
Half Term 2: 31 st October – 16 th December (7 weeks)					Holiday	Holiday	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	Week 17	
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		R180 Topic Area 2 SPA Assessment Close the Gap	R181 – TA 2 Principles of training in sport	R180 – TA 3 Different types and causes of sports injuries		
Half Term 3: 3 rd January - 10 th February (6 weeks)			Holiday	Half Term 4: 20 th February – 31 st March (6 weeks)						
Week 18	Week 19	Week 20		Week 21	Week 22	Week 23	Week 24	Week 25	Week 26	
R181 – TA 2 Assignment	R180 – TA 3 Different types and causes of sports injuries	R181 – TA 2 SPA/CTG R181 – TA 3		R180 – TA 3 Different types and causes of sports injuries	R181 – TA 3 Organising and planning fitness training programme	R180 – TA 3 Different types and causes of sports injuries	R181 – TA 3 Assignment	R180 Topic Area 3 SPA Assessment Close the Gap	R181 – TA 2 SPA/CTG	
Holiday	Holiday	Half Term 5: 17 th April – 26 th May (6 weeks)						Holiday	Half Term 6	
		Week 27	Week 28	Week 29	Week 30	Week 31	Week 32		Week 33	
		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		R181 – TA 4 Evaluate own performance in planning and delivery of a fitness training programme	
Half Term 6: 5 th June – 21 st July (7 weeks)					Curriculum Intent:					
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					

