



MALTBYACADEMY

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
RO43- Learning Objective 1: Musculo-skeletal and Cardio-respiratory Systems.								RO43- Learning Objective 2: Importance of Musculo-skeletal and Cardio-respiratory Systems.	
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
RO43- Learning Objective 2: Importance of Musculo-skeletal and Cardio-respiratory Systems.			RO43- Learning Objective 3: Short Term Effects of Exercise				RO43- Learning Objective 3: Short Term Effects of Exercise		RO43- Learning Objective 4
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
RO43- Learning Objective 4 Long Term Effects				RO45- Nutrition LO1 Nutrition and balanced diet			RO45- Nutrition LO2 Importance of Nutrition		
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
		RO45- Nutrition LO3 Effects of poor diet				RO45- Nutrition LO4 Diet Plan			RO45- Nutrition LO4 Diet Plan
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				
RO45- Nutrition LO4 Diet Plan		Moderation							