

Year 9 –Cambridge National Sports Science 2019-20



| HALF TERM 1 (3 rd September- 25 th October 2019 (8 weeks)) | | | | | | | | October Half Term | HALF TERM 2 |
|--|--|--|--------|--|---|-----------------|------|-------------------|-------------|
| Wk1 | Wk2 | Wk3 | Wk4 | Wk5 | Wk6 | Wk7 | Wk8 | | Wk10 |
| | | RO42- LO1 Principles of Training. | | | | | | | |
| HALF TERM 2 (4 th November- 20 th December, 2019- 7 weeks) | | | | | | Christmas | | HALF TERM 3 | |
| Wk11 | Wk12 | Wk13 | Wk14 | Wk15 | Wk16 | | | Wk19 | Wk20 |
| RO42- LO2 Know how training methods target different fitness components. | | | | | | | | | |
| HALF TERM 3 (6 th January – 14 th February, 2020- 6 weeks) | | | | February Half Term | HALF TERM 4 (24 ^h February–3 rd April 2020 – 6 weeks) | | | | |
| Wk21 | Wk22 | Wk23 | Wk24 | | Wk26 | Wk27 | Wk28 | Wk29 | Wk30 |
| RO42- LO2 Know how training methods target different fitness components. | | RO42- LO3 Be able to conduct fitness tes | | | RO42- LO3 Be able to conduct fitness tes | | | | |
| HALF TERM 4 | | Easter | Easter | HALF TERM 5 (20 th April – 22 nd May, 2020- 5 weeks) | | | | May Half Term | HALF TERM 6 |
| Wk31 | Wk34 | | | Wk35 | Wk36 | Wk37 | Wk38 | | Wk40 |
| RO42- LO3 | RO42- LO4 Be able to develop fitness training programmes | | | | | | | | |
| HALF TERM 6 (1 st June – 17 th July, 2020 – 7 weeks) | | | | | | Summer Holidays | | | |
| Wk41 | Wk42 | Wk43 | Wk44 | Wk45 | Wk46 | | | | |
| RO42- LO4 Be able to develop fitness training programmes | | | | | | | | | |