

Year 10 –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
RO41- Exam									
HALF TERM 2 (4 th November- 20 th December, 2019- 7 weeks)						Christmas		HALF TERM 3	
Wk11	Wk12	Wk13	Wk14	Wk15	Wk16			Wk19	Wk20
RO41- Exam									
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- LO3- Fitness testing and LO4 Be able to develop fitness training programm									
HALF TERM 4		HALF TERM 5 (20 th April – 22 nd May, 2020- 5 weeks)					HALF TERM 6		
Wk31	Easter		Wk34	Wk35	Wk36	Wk37	Wk38	Wk40	
RO42- LO4			RO45- Sports Nutrition- LO1					May Half Term	RO45-
HALF TERM 6 (1 st June – 17 th July, 2020 – 7 weeks)						Summer Holidays			
Wk41	Wk42	Wk43	Wk44	Wk45	Wk46				
RO45- Sports Nutrition- LO2 Understand the importance of nutrition in sport									