

Year 11 –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	
RO43- The body's response to physical activity- LO1: Know key components of the musculo-skeletal and cardio-respiratory				LO2: Understand the importance of the musculo-skeletal and cardio-respiratory					LO3:	
HALF TERM 2 (4 th November- 20 th December, 2019- 7 weeks)						Christmas		HALF TERM 3		
Wk11	Wk12	Wk13	Wk14	Wk15	Wk16			Wk19	Wk20	
LO3: Be able to assess the short-term effects of physical activity.				LO4: Be able to assess the long-term						
HALF TERM 3 (6 th January – 14 th February, 2020- 6 weeks)				February Half Term	HALF TERM 4 (24 th February–3 rd April 2020 – 6 weeks)					
Wk21	Wk22	Wk23	Wk24		Wk26	Wk27	Wk28	Wk29	Wk30	
RO45- Sports Nutrition- LO1					RO45- Sports Nutrition- LO2 Understand the importance of nutrition in sport				RO45- LO3:	
HALF TERM 4		HALF TERM 5 (20 th April – 22 nd May, 2020- 5 weeks)		HALF TERM 6						
Wk31	Easter	Easter	Wk34	Wk35	Wk36	Wk37	Wk38	May Half Term	Wk40	
RO45- LO3: Effects					RO45-LO4: Develop diet plans for performance					
HALF TERM 6 (1 st June – 17 th July, 2020 – 7 weeks)						Summer Holidays				
Wk41	Wk42	Wk43	Wk44	Wk45	Wk46	BTEC Sport Level 3= Equivalent to 1, 2 or 3 A-levels				