

Year 10 - Sport Science - 2020/2021

| Half Term 1: 1st September - 23rd October (8 weeks). | | | | | | | | Holiday | Half Term 2 |
|--|-------------|--|-------------|--|--|---|---|-------------|-------------|
| Week 1 | Week 2 | Week 3 | Week 4 SPA | Week 5 | Week 6 | Week 7 SPA | Week 8 LC1 | | Week 9 |
| RO41: Reducing the risk of sports injury LO1-Factors influencing injury | | | | RO41: Reducing the risk of sports injury LO2- Warm up and cool down | | | | | |
| Half Term 2: 2nd November - 18th December (7 weeks). | | | | | | Holiday | Half Term 3 | | |
| Week 10 | Week 11 SPA | Week 12 | Week 13 | Week 14 | Week 15 SPA | | Week 16 EXAM WEEK | Week 17 LC2 | |
| RO41: Reducing the risk of sports injury LO3- Response to injury | | RO41: Reducing the risk of sports injury LO4- Response to medical conditions. | | | | | RO42: Applying principles of training LO3- Fitness Tests | | |
| 4th January - 12th February (6 weeks). | | | | Holiday | Half Term 4: 22nd February - 26th March (5 weeks). | | | | |
| Week 18 | Week 19 | Week 20 | Week 21 SPA | | Week 22 | Week 23 | Week 24 | Week 25 | Week 26 |
| RO42: Applying principles of training LO3- Fitness Tests | | | | | RO42: Applying principles of training LO4- Fitness Training Programme | | | | |
| Half Term 5: 12th April - 28th May (7 weeks). | | | | | | | | Holiday | |
| Holiday | | Week 27 | Week 28 | Week 29 | Week 30 | Week 31 SPA | Week 32 | | Week 33 |
| RO42: Applying principles of training LO4- Fitness Training Programme | | | | | | RO41 and RO42 recap | | | |
| Half Term 6: 7th June - 16th July (6 weeks). | | | | | Curriculum Manifesto/Principles: | | | | |
| Week 34 | Week 35 | Week 36 | Week 37 LC3 | Week 38 | Week 39 | <ul style="list-style-type: none"> To develop knowledge and understanding of the exam subject content To develop exam technique and application of knowledge. Students develop written assignment skills and understand how to link work together. Students develop ability to link knowledge of injury and fitness to different sports and different situations providing a variety of examples. Student progress tracked via SPA assessment and mock exams to inform learning cycle data. | | | |
| RO41 and RO42 recap | | | | | | | | | |