

Year 11 - 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	Week 5	Week 6	Week 7 LC1	Week 8		Week 9	
RO45: Sports Nutrition LO1- Nutrients for a balanced diet				RO45: Sports Nutrition LO2- Importance of nutrition			LO3		LO3	
Half Term 2: 2nd November - 18th December (7 weeks).						Holiday	Half Term 3			
Week 10	Week 11	Week 12	Week 13	Week 14 LC2	Week 15		Week 16	Week 17		
RO45: Sports Nutrition LO3- Effects of poor diet		RO45: Sports Nutrition LO4- Diet Plans					RO43: Response to physical activity LO1- Key components of the bodys systems.			
4th January - 12th February (6 weeks).				Holiday	Half Term 4: 22nd February - 26th March (5 weeks).					
Week 18	Week 19	Week 20 LC3	Week 21		Week 22	Week 23	Week 24	Week 25	Week 26 LC4	
RO43: Response to physical activity LO1- Key components of the bodys systems.		RO43: Response to physical activity LO2- Importance of bodys systems.			RO43: Response to physical activity LO2- Importance of bodys systems.		RO43: Response to physical activity LO3- Short term effects.			
Half Term 5: 12th April - 28th May (7 weeks).								Holiday		
Holiday		Week 27	Week 28	Week 29	Week 30	Week 31	Week 32		Week 33	
RO43: Response to physical activity LO3- Short term effects.			Intervention to catch up RO42 and Ro41 from school closure.							
Half Term 6: 7th June - 16th July (6 weeks).						Curriculum Manifesto/Principles:				
Week 34	Week 35	Week 36	Week 37	Week 38	Week 39	<ul style="list-style-type: none"> Students develop written assignment skills and understand how to link work together. Students develop ability to link knowledge of nutrition and the short and long term effects of exercise on the body 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. 				
Intervention to catch up RO42 and Ro41 from school closure										