

Sport Science Curriculum and Assessment Map

Term	Date	Week	Year 7	Year 8	Year 9	Year 10	Year 11
Autumn A	05-Sep	1				R181: Applying the principles of training - fitness and how it affects skill performance (NEA) What are components of fitness? Health-related components of fitness Skill-related components of fitness Testing components of fitness and analysing normative data Task 1 completion	R180: Reducing the risk of injury and dealing with medical conditions (exam) Dietary requirements for various activities Task 2 completion Planning a diet plan Treatment of acute and chronic injuries
	12-Sep	2					
	19-Sep	1					
	26-Sep	2					
	03-Oct	1					
	10-Oct	2					
	17-Oct	1					
24-Oct	October Half-Term			October Half-Term			October Half-Term
Autumn B	31-Oct	2				Application of COF to skill performance Designing tests for skills R181 Task 2 completion Principles of training Training methods Goal setting Task 3 completion	R183: Nutrition and sports performance R180: Reducing the risk of injury and dealing with medical conditions (exam) Mock exam revision Mock Exams: Topic areas 1, 2, 3 & 4 only Planning a diet plan Task 3 completion Causes, symptoms and treatment of medical conditions
	07-Nov	1					
	14-Nov	2					
	21-Nov	1					
	28-Nov	2					
	05-Dec	1					
	12-Dec	2					
19-Dec	1						
26-Dec	Christmas Break			Christmas Break			Christmas Break
Spring A	02-Jan	1				Task 3 completion Planning a training programme Task 4 completion Extrinsic factors Extrinsic/intrinsic factors	R183: Nutrition and sports performance R180: Reducing the risk of injury and dealing with medical conditions (exam) Effects of overeating, under-eating and dehydration on sports performance Cause, symptoms and treatment of medical conditions Effects of overeating, under-eating and dehydration on sports performance Topic are 5 EoU assessment Task 4 completion R180 exam revision
	09-Jan	2					
	16-Jan	1					
	23-Jan	2					
	30-Jan	1					
06-Feb	2						
13-Feb	February Half-term			February Half-term			February Half-term
Spring B	20-Feb	1				Conducting a training programme Warm ups Cool downs	R183: Nutrition and sports performance R180: Reducing the risk of injury and dealing with medical conditions (exam) Coursework amendments R180 exam revision
	27-Feb	2					
	06-Mar	1					
	13-Mar	2					
	20-Mar	1					
27-Mar	2						
03-Apr	Easter Break			Easter Break			Easter Break
10-Apr	Easter Break			Easter Break			Easter Break
Summer A	17-Apr	1				Year 10 Exams: Topic area 1 and 2 only Task 5 completion R180 amendments and submission to exam board Causes and symptoms of acute injuries	R183: Nutrition and sports performance R180: Reducing the risk of injury and dealing with medical conditions (exam) Coursework amendments R180 exam revision External Exams R180 exam
	24-Apr	2					
	01-May	1					
	08-May	2					
	15-May	1					
22-May	2						
29-May	May Half-term			May Half-term			May Half-term
Summer B	05-Jun	0				Characteristics of a balance diet R183 Task 1 completion Dietary requirements for various activities Causes and symptoms of chronic injuries Topic area 3 Topic area 3 EoU assessment	External Exams
	12-Jun	1					
	19-Jun	2					
	26-Jun	1					
	03-Jul	2					
	10-Jul	1					
17-Jul	2						