



# Curriculum Overview 2023-24

## Cambridge National - Sports Science

Data Entry Deadlines		HT							X-mas							HT							Easter							HT													
Week Beg.		30-Oct	6-Nov	13-Nov	20-Nov	27-Nov	4-Dec	11-Dec	8-Jan	15-Jan	22-Jan	29-Jan	5-Feb	12-Feb	19-Feb	26-Feb	4-Mar	11-Mar	18-Mar	25-Mar	15-Apr	22-Apr	29-Apr	6-May	13-May	20-May	3-Jun	10-Jun	17-Jun	24-Jun	1-Jul	8-Jul	15-Jul	22-Jul									
YEAR 10 (Class of 2025)	Introduction to Year 10	R183- Classroom							R183-Assessment							R181- Classroom							R181- Assessment							R183- Assessment							AS						
	Healthy Balanced Diet	Nutrients Healthy Diet- Assessment- Task 1							Healthy Diet Sport- Assessment- Task 2							Fitness Test- Practical							Fitness Test Task 1- Assessment							DIT- Nutrients- Task 1							PPE Exams						
	Healthy Diet- Assessment	Sport Nutrition Plan- Assessment- Task 3							Nutritional Behaviours- Assessment- Task 4							Components of Fitness Task 2							Components of Fitness Task 2- Assessment							DIT- Sport Diet- Task 2													
	Sporting Dietary Requirements	Sport Nutrition Plan- Assessment- Task 3							Nutritional Behaviours- Assessment- Task 4							Principles of Training- Task 3							Training Programme Task 4- Assessment							DIT- Nutrition Plan- Task 3													
	Sporting Dietary Requirements- Assessment	Sport Nutrition Plan- Assessment- Task 3							Nutritional Behaviours- Assessment- Task 4							Methods of Training- Task 4							Training Programme Task 4- Assessment							DIT- Nutritional Behaviours- Task 4													
Develop Dietary Plan	Sport Nutrition Plan- Assessment- Task 3							Nutritional Behaviours- Assessment- Task 4							Methods of Training- Task 4							Training Programme Task 4- Assessment							DIT- Nutritional Behaviours- Task 4														
Week Beg.		30-Oct	6-Nov	13-Nov	20-Nov	27-Nov	4-Dec	11-Dec	8-Jan	15-Jan	22-Jan	29-Jan	5-Feb	12-Feb	19-Feb	26-Feb	4-Mar	11-Mar	18-Mar	25-Mar	15-Apr	22-Apr	29-Apr	6-May	13-May	20-May	3-Jun	10-Jun	17-Jun	24-Jun	1-Jul	8-Jul	15-Jul	22-Jul									
YEAR 11 (Class of 2025)	Principles of Training- Task 3	R180- Assessment							R180- Classroom							R180- Classroom							R180- Classroom							GCSE Exams													
	Principles of Training Task 3- Assessment	DIT- Task 3							PPE Exams							Introduction to Sports Injuries							Treatment and Rehabilitation							GCSE Exams													
	DIT- Task 1	DIT- Task 4							PPE Exams							Intrinsic and Extrinsic Factors Practical							Assessment and Feedback																				
	DIT- Task 2	DIT- Task 5							PPE Exams							Warm U/Cool D and Types of Injuries							Causes Symptoms Treatment- Medical Conditions																				
		DIT- Task 5							PPE Exams							Reducing Risk, Treatment and Rehabilitation							Causes Symptoms Treatment- Medical Conditions																				
	DIT- Task 5							PPE Exams							Causes Symptoms							Assessment and Feedback							Revision														