Sport Science



Year 9/10 Sport Science (2023-24)							
	Half-term 1	Half-term 2	Half-term 3	Half-term 4	Half-term 5	Half-term 6	
Topic	Unit R181 Applying the principles of training	Unit R181 Applying the principles of training	Unit R181 Applying the principles of training	Unit R181 Applying the principles of training	Unit R181 Applying the principles of training	Unit R181 Applying the principles of training	
	fitness and how it affects skill	fitness and how it affects skill	fitness and how it affects skill	fitness and how it affects skill	fitness and how it affects skill	fitness and how it affects skill	
	performance	performance	performance	performance	performance	performance	

Year 9/10 Sport Science (2024-25)							
	Half-term 1	Half-term 2	Half-term 3	Half-term 4	Half-term 5	Half-term 6	
	Unit R183:	Unit R183:	Unit R183:	Unit R183:	Unit R183:	Unit R183: Unit	
	Nutrition and	Nutrition and	Nutrition and	Nutrition and	Nutrition and	R183: Nutrition	
	Sports	Sports	Sports	Sports	Sports	and Sports	
Topic	performance	performance	performance	performance	performance	performance	
	Level 1 Sports	Level 1 Sports	Level 1 Sports	Level 1 Sports	Level 1 Sports	Level 1 Sports	
	Leaders	Leaders	Leaders	Leaders	Leaders	Leaders	
	Qualification	Qualification	Qualification	Qualification	Qualification	Qualification	

Year 11 Sport Science (2023-24)							
	Half-term 1	Half-term 2	Half-term 3	Half-term 4	Half-term 5	Half-term 6	
Topic	Outdoor Education	Outdoor Education	Outdoor Education	Outdoor Education	Outdoor Education	Outdoor Education	
	Level 1 Sports	Level 1 Sports	Level 1 Sports	Level 1 Sports	Level 1 Sports	Level 1 Sports	
	Leaders	Leaders	Leaders	Leaders	Leaders	Leaders	
	Qualification	Qualification	Qualification	Qualification	Qualification	Qualification	

Sport Science



Year 11 Sport Science (2024-25)							
	Half-term 1	Half-term 2	Half-term 3	Half-term 4	Half-term 5	Half-term 6	
Topic	Unit R180	Unit R180	Unit R180	Unit R180	Unit R180	Unit R180	
	Reducing the risk of	Reducing the risk	Reducing the risk of	Reducing the risk	Reducing the risk of	Reducing the risk of	
	sport injuries and	of sport injuries	sport injuries and	of sport injuries	sport injuries and	sport injuries and	
	dealing with	and dealing with	dealing with	and dealing with	dealing with	dealing with	
	common medical	common medical	common medical	common medical	common medical	common medical	
	conditions.	conditions.	conditions.	conditions.	conditions.	conditions.	