



YEAR 10 CAMBRIDGE NATIONAL SPORTS SCIENCE



THE JOURNEY OF LEARNING



Year 10 Summer Term 2

Year 11 Summer Preparation

Characteristics of a balanced nutrition plan

Assessment Extended Write

DIRT

R183: Assignment 1

R183: Nutrition and sports performance

The role of nutrients in sports and their sources

R181: Assignment 5

DIRT

Assessment Extended Write

Year 10 Summer Term 1

R181: Assignment 4

Effectiveness of a fitness training programme

Evaluate own performance in planning and delivery of fitness training programme

Principles of training and goal setting in a sporting context

Recording results from a fitness training programme

Methods of training and their benefits

Assessment Extended Write

DIRT

R181: Assignment 3

Year 10 Spring Term 2

Factors when designing a fitness training programme

Planning a fitness-based training programme

Aerobic and anaerobic exercise

Year 10 Spring Term 1

R181: Assignment 2

DIRT

Assessment Extended Write

Year 10 Autumn Term 2

Application of components of fitness to skill performance

R181: Assignment 1

R181: Applying the principles of training: fitness and how it affects skill performance

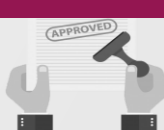
Relevance of components of fitness to different sports

Assess components of fitness

Year 10 Autumn Term 1

End of Year 9

Pre reading, Cambridge National PE course.



Closed Book Assessments

DIRT

Formative Assessments

PSHE

Careers Related

Literacy Focus

Cultural Capital