



The Grey Coat Hospital

Key Stage Four Curriculum Plan - *Subject: OCR Level 1/2 Cambridge National – Sports Science*



Year 10

Half Term (HT)	Topic Area / Focus
HT1	R181 Topic Area 1: Components of fitness applied in sport – Tasks 1 and 2 of set assignment
HT2	R181 Topic Area 1: Components of fitness applied in sport – Tasks 1 and 2 of set assignment
HT3	R181 Topic Area 2: Principles of Training in sport – Task 3 of set assignment R181 Topic Area 3: Organising and planning a fitness training programme – Task 4 of set assignment
HT4	R181 Topic Area 2: Principles of Training in sport – Task 3 of set assignment R181 Topic Area 4: Evaluate own performance in planning and delivery of a fitness training programme – Task 5 of set assignment All coursework for the set assignment needs to be completed before the Easter holidays, unless there are extenuating circumstances.
HT5	Completion of any outstanding R181 coursework tasks for students requiring additional support and extra time – final deadline 1 st May. This half term, three periods a fortnight are spent introducing content for theory exam - Unit R180: Reducing the risk of sports injuries and dealing with common medical conditions – this is worth 40% of the overall grade. In HT5, we cover R180 Topic Area 1: Different factors which influence the risk and severity of injury Three periods a fortnight are spent teaching preparatory content for R183: Nutrition and sports performance . Students start work on Topic Area 1 - Nutrients needed for a healthy, balanced nutrition plan – Task 1 of set assignment
HT6	<i>New assignment for R183 launches on 1st June each academic year.</i> Students continue work on R183 Topic Area 1 - Nutrients needed for a healthy, balanced nutrition plan – Task 1 of set assignment.



The Grey Coat Hospital

Key Stage Four Curriculum Plan - *Subject: OCR Level 1/2 Cambridge National – Sports Science*



R180 content continues to be taught alongside R183 content, we aim to cover these topic areas before the end of HT6:

Topic Area 2: Warm up and cool down routines:

- 2.1 Key components of a warm up
- 2.2 Physiological and psychological benefits of a warm up

Year 11

Half Term (HT)	Topic Area / Focus
HT1	R180 - Recap content taught in HT5 and 6 and continue with Topic Area 2.3 - Key components of a cool down and 2.4 Physiological benefits of a cool down. R183 Topic Area 1 - Nutrients needed for a healthy, balanced nutrition plan – Task 1 of set assignment.
HT2	R180 - Topic Area 3: Different types and causes of sports injuries Students are assessed on Topic Areas 1 – 3 in a mock exam in November. R183 Topic Area 2 - Applying differing dietary requirements to varying types of sporting activity– Task 2 of set assignment.
HT3	R180 - Topic Area 4: Reducing risk, treatment and rehabilitation of sports injuries and medical conditions. <i>Students participate in a First Aid Workshop during HT3 to consolidate their learning in Topic Area 4.</i> R183 Topic Area 3 - Developing a balanced nutrition plan for a selected sporting activity – Task 3 of set assignment.
HT4	R180- Topic Area 5: Causes, symptoms and treatment of medical conditions <i>Students complete the January series exam for R180 in the final week of the half term before the Easter Holidays</i>



The Grey Coat Hospital

Key Stage Four Curriculum Plan - *Subject: OCR Level 1/2 Cambridge National – Sports Science*



	R183 Topic Area 4 - How nutritional behaviours can be managed to improve sports performance – Task 4 of set assignment All R183 coursework needs to be completed by the time students leave for the Easter Holidays, unless there are extenuating circumstances.
HT5	➤ Mock Feedback received ➤ Long answer question exam practice ➤ Exam technique ➤ Recap any content that is identified as a weakness, following the mock exam. ➤ Exam takes place in the final week of the half term, before the May half term holiday
HT6	No further lessons take place