

		September 4 th – September 13 th	September 16 th – October 11 th	October 14 th – November 15 th	November 18 th – December 20 th	January 6 th – January 31 st	February 3 rd – March 7 th	March 10 th – April 4 th	April 22 nd – May 23 rd	June 2 nd – June 27 th
Year 7	Topic/Fertile Question	Base Line Testing	Netball	Cross Country	Football	Dance	Fitness	Alternative Sports	Cricket	Athletics
		Base Line Testing	Football	Cross Country	Alternative Sports	Rugby	Badminton	Fitness	Softball	Cricket
		September 4 th – November 4 th	October 7 th – November 15 th	November 18 th – December 20 th	January 6 th – January 31 st	February 3 rd – March 7 th	March 10 th – April 4 th	April 22 nd – May 23 rd	June 2 nd – June 27 th	June 30 th – July 18 th
Year 8	Topic	Netball	Cross Country	Football	Dance	Fitness	Alternative Sports	Cricket	Athletics	Rounders
		Football	Cross Country	Alternative Sports	Rugby	Badminton	Fitness	Softball	Cricket	Athletics
		September 4 th – November 4 th	October 7 th – November 15 th	November 18 th – December 20 th	January 6 th – January 31 st	February 3 rd – March 7 th	March 10 th – April 4 th	April 22 nd – May 23 rd	June 2 nd – June 27 th	June 30 th – July 18 th
Year 9	Topic	Netball	Cross Country	Football	Dance	Fitness	Alternative Sports	Cricket	Athletics	Rounders
		Football	Cross Country	Alternative Sports	Rugby	Badminton	Fitness	Softball	Cricket	Athletics

		September 4 th – November 4 th	October 7 th – November 15 th	November 18 th – December 20 th	January 6 th – January 31 st	February 3 rd – March 7 th	March 10 th – April 4 th	April 22 nd – May 23 rd	June 2 nd – June 27 th	June 30 th – July 18 th
Year 10	Topic/Fertile Question	Netball	Cross Country	Football	Dance	Fitness	Alternative Sports	Cricket	Athletics	Rounders
		Football	Cross Country	Alternative Sports	Rugby	Badminton	Fitness	Softball	Cricket	Athletics
		September 4 th – October 18 th	October 28 th – December 20 th	January 6 th – 14 th February	February 24 th – April 4 th	April 22 nd – May 23 rd				
Year 11	Topic	Netball	Alternative Sports	Badminton	Fitness					
		Football	Badminton	Alternative Sports	Fitness					

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		Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Year 10	Topic	R181 Topic Area 1	R181 Topic Area 2	R181 Topic Area 3	R181 Topic Area 3	R181 Topic Area 4	R183 Topic Area 2
		Components of Fitness Applied in Sport	Principles of Training in Sport	Organising and Planning a Fitness Training Programme	Organising and Planning a Fitness Training Programme	Evaluate Own Performance in Planning and Delivery of a Fitness Training Programme	Nutrients Needed for a Healthy, Balanced Nutrition Plan
	Key Theme	Applying the Principles of Training: Fitness and How it Affects Skill Performance	Applying the Principles of Training: Fitness and How it Affects Skill Performance	Applying the Principles of Training: Fitness and How it Affects Skill Performance	Applying the Principles of Training: Fitness and How it Affects Skill Performance	Applying the Principles of Training: Fitness and How it Affects Skill Performance	Nutrition and Sports Performance

		Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Year 11	Topic	R 183 Topic Area 2	R 183 Topic Area 3	R183 Topic Area 4	R180 Topic Area 4 R180 Topic Area 5	R180 Topic Area 1,2,3,4,5	R180 Topic Area 1,2,3,4,5
		R180 Topic Area 1	R180 Topic Area 2	R180 Topic Area 3			
		Applying Dietary Requirements to Varying types of sporting activity	Developing a Balanced Nutrition Plan for a selected sporting activity	How Nutritional Behaviours Can Be Managed to improve Sports Performance	Reducing Risk, Treatment and Rehabilitation of Sports Injuries and Medical Conditions Causes, Symptoms and Treatment of Medical Conditions	Revision	Revision
		Different Factors which Influence the Risk and Severity of Injury	Warm Up and Cool Down Routines	Different Types and Causes of Sports Injuries			
	Key Theme	Nutrition and Sports Performance	Nutrition and Sports Performance	Nutrition and Sports Performance	Reducing the Risk of Sports Injuries and Dealing with Common Medical Conditions	Reducing the Risk of Sports Injuries and Dealing with Common Medical Conditions	Reducing the Risk of Sports Injuries and Dealing with Common Medical Conditions
		Reducing the Risk of Sports Injuries and Dealing with Common Medical Conditions	Reducing the Risk of Sports Injuries and Dealing with Common Medical Conditions	Reducing the Risk of Sports Injuries and Dealing with Common Medical Conditions			