

R043—Body's Response to Physical Activity

January

August

R043- LO1

Final Exam

Know key components of musculo-skeletal and cardiovascular systems

R043- LO2

Musculo-skeletal and cardiovascular systems in health and fitness

R043- LO3

Short Term effects of Physical Activity

R043- LO4

Long Term effects of Physical Activity

Results day

Physical Education

R041—Sports Injuries (Exam Module)

R045—Sports Nutrition

R041- LO4

Know how to respond to common medical conditions

R041- LO3
How to respond to injuries in sport context

R041- LO2

Understand how Warm up and Cool down prevent Injury

R041- LO1

Factors that influence risk of injury

Year 11

R045- LO4

Develop a Diet Plan

R045- LO3
Affects of a poor diet on performance

R045- LO2

Understand importance of nutrition in sport

R045- LO1
Know about nutrients for a healthy/ balanced diet

R042—Applying Principles of Training

R042-LO1

Know the Principles of Training in Sport

R042- LO2

Know how training methods target different fitness components

R042-LO3

Be able to conduct fitness tests

R042- LO4

Develop a fitness training programme

Sport Science Begins

Year 10

KS4 Cambridge Nat' Sport Science Overview

Online Resources

Click the apps to explore

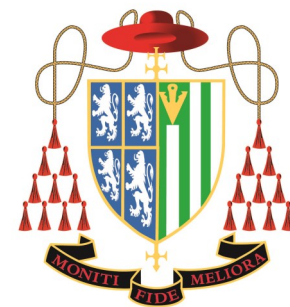


Assessment

3 Projects units

1 Exam (R041)

25% Each Module



Cardinal Langley RC High School