Curriculum Lessons 2025-2026

Sport Science OCR

YEAR 11 (Class of 2026)	Week Beg.	YEAR 10 (Class of 2027)	Week Beg.	
Factors when designing a training programme	8th Sept	Introduction to Sport Science	8th Sept	
Planning a fitness based training programme	15th Sept	Healthy Balanced Diet	15th Sept	
Recording and Completing Results	22nd Sept	Healthy Balanced Diet	22nd Sept	
Topic Area 3 - Fitness Training Programme	29th Sept	Topic Area 1 - Nutrients Healthy Diet - Assessment	29th Sept	
Topic Area 3 - Fitness Training Programme	6th Oct	Topic Area 1 - Nutrients Healthy Diet - Assessment	6th Oct	
Topic Area 3 - Fitness Training Programme	13th Oct	Sporting Dietary Requirements	13th Oct	
Evalution of fitness training plan	3rd Nov	Sporting Dietary Requirements	3rd Nov	HT
Topic Area 4 - Evaluate Performance - Assessment	10th Nov	Topic Area 2 - Dietary Requirements - Assessment	10th Nov	
PPEs	17th Nov	Topic Area 2 - Dietary Requirements - Assessment	17th Nov	
	24th Nov	Develop Dietary Plan	24th Nov	
Topic Area 4 - Evaluate Performance - Assessment	1st Dec	Develop Dietary Plan	1st Dec	
Dedicated Improvement Time - Principles of Training	8th Dec	Topic Area 3 - Sport Nutrition Plan - Assessment	8th Dec	
Dedicated Improvement Time - Principles of Training	15th Dec	Topic Area 3 - Sport Nutrition Plan - Assessment	15th Dec	
Intoduction to Sports Injuries	5th Jan	Nutritional Behaviours	5th Jan	Xmas
Intrinsic and Extrinsic Factors	12th Jan	Nutritional Behaviours	12th Jan	
Warm U/Cool D and Types of Injuries	19th Jan	Topic Area 4 - Nutritional Behaviours - Assessment	19th Jan	
Reducing Risk, Treatment and Rehabilitation	26th Jan	Topic Area 4 - Nutritional Behaviours - Assessment	26th Jan	
Causes/Symptoms	2nd Feb	*Dedicated Improvement Time - Nutrition*	2nd Feb	
Treatment/Medical Conditions	9th Feb	**Exam Week**	9th Feb	
Reteach - Intrinsic and Extrinsic Factors	23rd Feb	*Dedicated Improvement Time - Nutrition*	23rd Feb	HT
Reteach - Warm U/Cool D and Types of Injuries	2nd Mar	Components of Fitness/Fitness Testing	2nd Mar	
Prompted PPEs	9th Mar	Interpretation and Strengths	9th Mar	
Reteach - Causes/Symptoms	16th Mar	Devise and complete skill based fitness testing	16th Mar	
Reteach - Treatment/Medical Conditions	23rd Mar	Completion of own tests	23rd Mar	
Precision Planning - Individual Revision	30th Mar	Topic Area 1 - Components of Fitness Applied - Assessment	30th Mar	
Precision Planning - Individual Revision	20th Apr	Topic Area 1 - Components of Fitness Applied - Assessment	20th Apr	Easter
Precision Planning - Individual Revision	27th Apr	Principles of Training in Sport	27th Apr	
Precision Planning - Individual Revision	4th May	Methods of Training	4th May	
GCSE EXAMS	11th May	Anaerobic v Aerobic	11th May	
	18th May	Topic Area 2 - Principles of Training in Sport - Assessment	18th May	
	1st Jun	Topic Area 2 - Principles of Training in Sport - Assessment	1st Jun	HT
	8th Jun	*Dedicated Improvement Time - Principles of Training*	8th Jun	
	15th Jun	*Dedicated Improvement Time - Principles of Training*	15th Jun	
	22nd Jun	**PPEs**	22nd Jun	
	29th Jun		29th Jun	
	6th July	*Dedicated Improvement Time - Principles of Training*	6th July	
	13th Jul	*Dedicated Improvement Time - Principles of Training*	13th Jul	
	20th Jul	**CEW Week**	20th Jul	