



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
10	Topics: R180 Different factors which influence the risk and severity of injury R181 Components of fitness applied in sport	R180 Warm up and cool down routines R181 Principles of training in sport	Topics: R180 Different types and causes of sporting injuries R181 Organising and planning a fitness training programme	R180 Reducing risk, treatment and rehabilitation of sports injuries and medical conditions R181 Evaluate own performance in planning and delivery of a fitness training programme R181 NEA (working on-SUBMIT)	Topics: R180 Causes, symptoms and treatment of medical conditions R181 NEA (SAMPLED & Uploaded for external moderation)	R180 Revision of TA1-5 Internal examination R181 (submit for moderation) R183 Nutrients needed for a healthy balanced nutrition plan -Intro & summer project
11	Topics: R180 Revision of TA1, 2 and 3 R183 Applying differing dietary requirements to varying types of sporting activity	R180 Revision of TA4 and 5 R180 Mock Exam internal R183 Developing a balanced diet nutrition plan for a selected sporting activity	Topics: R180 – External Practice Exam R183 How nutritional behaviours can be managed to improve sports performance	R180 Revision of TA1-5 R183 NEA (working on)	R180 Revision of TA1-5	R180 Examination (final Terminal Paper) R183 NEA (submit for moderation)