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| **Subject:** Cambridge Sports  | **Year:** Y9 |
|  | **Spring** | **SUMMER** |
| **Half term 1** | **Half term 2** | **Half term 3** | **Half term 4** | **Half term 5** | **Half term 6** |
| **Theme/ topic:**R041- Reducing the risk of sport injuries LO1 Understand different factors which influence the risk of injury | **Theme/ topic:** R041- Reducing the risk of sport injuries. LO2- Understand how appropriate warm up and cool down routines can help to prevent injury.LO3- Know how to respond to injuries within a sporting context.LO4- Know how to respond to common medical conditions.R183: Nutrition and Sports performance. Topic Area 1: Nutrients needed for a healthy, balanced nutrition plan (6Marks) | **Theme/ topic:**R183: Nutrition and Sports performance. Topic Area 1: Nutrients needed for a healthy, balanced nutrition plan (6Marks)Topic Area 2: Applying different dietary requirements to varying types of sporting activity (12Marks) | **Theme/ topic:**R183: Nutrition and Sports performance. Topic Area 2: Applying different dietary requirements to varying types of sporting activity (12Marks)Topic Area 3: Developing a balanced nutrition plan for a selected sporting activity. (12Marks) | **Theme/ topic:**R183: Nutrition and Sports performance. Topic Area 3: Developing a balanced nutrition plan for a selected sporting activity. (12Marks) | **Theme/ topic:** R183: Nutrition and Sports performance. Topic Area 4: How nutritional behaviours can be managed to improve sports performance. (10Marks) |