

Y10 Sports studies – AUTUMN TERM 1

W/C 11.9.23

W/C 18.9.23

W/C 25.9.23

W/C 2.10.23

W/C 09.10.23

W/C 16.10.23

W/C 23.10.23

R185 Performance and leadership in sports activities

Lesson	1	2	3	4	5	6	7
Content	Introduction to the course	Practical sports performance & log book completion	Practical sports performance & log book completion	Practical sports performance & log book completion	Practical sports performance & log book completion	Practical sports performance & log book completion	Practical sports performance & log book completion
Learning objectives	<p>Theory What is a sport? How do we identify skills and sports and demonstrate skills in individual sports? Completion of performance log books.</p> <p>Practical Individual/Team sports focus on skill demonstration and brief overview of analysis.</p>	<p>Theory What is a sport? How do we identify skills and sports and demonstrate skills in individual sports? Completion of performance log books.</p> <p>Practical Individual/Team sports focus on skill demonstration and brief overview of analysis.</p>	<p>Theory Completion of performance log books.</p> <p>Practical Individual/Team sports focus on skill demonstration and brief overview of analysis.</p>	<p>Theory Completion of performance log books</p> <p>Practical Individual/Team sports focus on skill demonstration and brief overview of analysis.</p>	<p>Theory Different analysis methods – How do we analyse skills in isolation and in game play. Completion of performance log books.</p> <p>Practical Individual/Team sports focus on skill demonstration and brief overview of analysis.</p>	<p>Theory Different analysis methods – How do we analyse skills in isolation and in game play. Completion of performance log books.</p> <p>Practical Individual/Team sports focus on skill demonstration and brief overview of analysis.</p>	<p>Theory Different analysis methods – How do we analyse skills in isolation and in game play. Completion of performance log books.</p> <p>Practical Individual/Team sports focus on skill demonstration and brief overview of analysis.</p>
Aims	In this unit students will learn how to develop their skills as both a performer, in two different sporting activities, and as a leader in one activity, where they will need to plan, deliver and review safe and effective sporting activity sessions.						
Assessment & home learning	Homework tasks will be set based on providing supportive evidence for practical performance in two chosen sports. Students will be expected to take part in their two chosen sports outside of lessons in order to improve their performance and knowledge in their two chosen sports.						

Y10 Sports studies – AUTUMN TERM 2

W/C 06.11.23

W/C 13.11.23

W/C 20.11.23

W/C 27.11.23

W/C 04.12.23

W/C 11.12.23

R185 Performance and leadership in sports activities

Lesson	1	2	3	4	5	6
Content	Practical sports performance & log book completion	Practical sports performance & log book completion	Practical sports performance & log book completion	Practical sports performance & log book completion	Practical sports performance & log book completion	Practical sports performance & log book completion
Learning objectives	<p>Theory Identify strengths and weaknesses in sports performance. Completion of performance log books.</p> <p>Practical Individual sports focus on skill demonstration and brief overview of analysis.</p>	<p>Theory Identify strengths and weaknesses in sports performance. Completion of performance log books.</p> <p>Practical Individual sports focus on skill demonstration and brief overview of analysis.</p>	<p>Theory Identify strengths and weaknesses in sports performance. Completion of performance log books.</p> <p>Practical Individual sports focus on skill demonstration and brief overview of analysis.</p>	<p>Theory Creating and action plan to improve weaknesses in sports performance. Completion of performance log books.</p> <p>Practical Individual sports focus on skill demonstration and brief overview of analysis.</p>	<p>Theory Creating and action plan to improve weaknesses in sports performance. Completion of performance log books.</p> <p>Practical Individual sports focus on skill demonstration and brief overview of analysis.</p>	<p>Theory Creating and action plan to improve weaknesses in sports performance. Completion of performance log books.</p> <p>Practical Individual sports focus on skill demonstration and brief overview of analysis.</p>
Aims	In this unit students will learn how to develop their skills as both a performer, in two different sporting activities, and as a leader in one activity, where they will need to plan, deliver and review safe and effective sporting activity sessions.					
Assessment & home learning	Homework tasks will be set based on providing supportive evidence for practical performance in two chosen sports. Students will be expected to take part in their two chosen sports outside of lessons in order to improve their performance and knowledge in their two chosen sports.					

Y11 Sports studies – AUTUMN TERM 1

W/C 11.9.23

W/C 18.9.23

W/C 25.9.23

W/C 2.10.23

W/C 09.10.23

W/C 16.10.23

W/C 23.10.23

R187 Increasing awareness of outdoor and adventurous activities

Lesson	1	2	3	4	5	6	7
Content	Introduction to the course Task 1 & 2	Task 3 Planning & risk assessments	Task 3 Planning & risk assessments	Task 3 Planning & risk assessments	Task 4 Self-evaluation of performance	Task 4 Self-evaluation of performance	Task 4 Self-evaluation of performance
Learning objectives	<p>Theory</p> <p>Topic Area 1:</p> <p>Pupils will demonstrate knowledge of the provision for different types of outdoor and adventurous activities in the UK.</p> <p>Topic Area 2:</p> <p>Pupils will demonstrate knowledge of the equipment, clothing and safety aspects of participating in outdoor and adventurous activities</p>	<p>Theory</p> <p>Students will develop their knowledge about different outdoor activities and how to plan an outdoor activity.</p> <p>Production of risk assessment and outdoor activity session plan.</p> <p>Practical</p> <p>Students will demonstrate that they are able to participate in one outdoor activity.</p>	<p>Theory</p> <p>Students will develop their knowledge about different outdoor activities and how to plan an outdoor activity.</p> <p>Production of risk assessment and outdoor activity session plan.</p> <p>Practical</p> <p>Students will demonstrate that they are able to participate in one outdoor activity.</p>	<p>Theory</p> <p>Students will develop their knowledge about different outdoor activities and how to plan an outdoor activity.</p> <p>Production of risk assessment and outdoor activity session plan.</p> <p>Practical</p> <p>Students will demonstrate that they are able to participate in one outdoor activity.</p>	<p>Theory</p> <p>Students will demonstrate that they can evaluate their own participation in an outdoor and adventurous activity.</p> <p>Production of written report.</p>	<p>Theory</p> <p>Students will demonstrate that they can evaluate their own participation in an outdoor and adventurous activity.</p> <p>Production of written report.</p>	<p>Theory</p> <p>Students will demonstrate that they can evaluate their own participation in an outdoor and adventurous activity.</p> <p>Production of written report.</p>
Aims	Students will develop their knowledge about different outdoor activities, how to plan an outdoor activity and be able to participate in one. They will develop their communication, decision making and leadership skills in challenging scenarios and environments.						
Assessment & home learning	Homework tasks will be set based on providing supportive evidence for practical performance in one outdoor activity. Students will be expected to take part in their chosen sport outside of lessons in order to improve their performance and knowledge.						

Y11 Sports studies – AUTUMN TERM 2

W/C 06.11.23

W/C 13.11.23

W/C 20.11.23

W/C 27.11.23

W/C 04.12.23

W/C 11.12.23

R184 Contemporary issues in sport – exam unit

Lesson	1	2	3	4	5	6
Content	Introduction to the unit – Issues affecting participation	Issues which affect participation in sport	Issues which affect participation in sport	Issues which affect participation in sport	Issues which affect participation in sport	Issues which affect participation in sport
Learning objectives	<p>Theory</p> <p>Students will learn about the issues which affect participation in sport for a range of user groups:</p> <ul style="list-style-type: none"> gender people from different ethnic groups. 	<p>Theory</p> <p>Students will learn about the issues which affect participation in sport for a range of user groups:</p> <ul style="list-style-type: none"> retired people/people over 60 families with children 	<p>Theory</p> <p>Students will learn about the issues which affect participation in sport for a range of user groups:</p> <ul style="list-style-type: none"> carers people with family commitments 	<p>Theory</p> <p>Students will learn about the issues which affect participation in sport for a range of user groups:</p> <ul style="list-style-type: none"> young children teenagers 	<p>Theory</p> <p>Students will learn about the issues which affect participation in sport for a range of user groups:</p> <ul style="list-style-type: none"> people with disabilities parents (singles or couples) 	<p>Theory</p> <p>Students will learn about the issues which affect participation in sport for a range of user groups:</p> <p>Recap and topic test.</p>
Aims	Students will explore a range of topical and contemporary issues in sport, as well as the promotion of values and ethical behaviour through sport. Students will also learn about the role of high-profile sporting events and national governing bodies in advancing sports' attempts to positively impact upon society and showcase their worth beyond providing entertainment.					
Assessment & home learning	Homework tasks will be set for each user group. This will be research based as well as students answering past paper exam questions on the current topic.					

Y10 Sports studies – SPRING TERM 1

W/C 08.01.24

W/C 15.01.24

W/C 22.01.24

W/C 29.01.24

W/C 05.02.24

R185 Performance and leadership in sports activities

Lesson	1	2	3	4	5
Content	Key components for assessing strengths and weaknesses in an activity	Key components for assessing strengths and weaknesses in an activity	Strengths and weaknesses of sports performance	Methods to improve performance	Measuring improvement in performance
Learning objectives	<p>Theory</p> <p>Analysis of performance task.</p> <p>Practical</p> <p>Performance in two selected activities.</p>	<p>Theory</p> <p>Analysis of performance task.</p> <p>Practical</p> <p>Performance in two selected activities.</p>	<p>Theory</p> <p>Analysis of performance task.</p> <p>Practical</p> <p>Performance in two selected activities.</p>	<p>Theory</p> <p>Analysis of performance task.</p> <p>Practical</p> <p>Performance in two selected activities.</p>	<p>Theory</p> <p>Analysis of performance task.</p> <p>Practical</p> <p>Performance in two selected activities.</p>
Aims	In this unit students will learn how to develop their skills as both a performer, in two different sporting activities, and as a leader in one activity, where they will need to plan, deliver and review safe and effective sporting activity sessions.				
Assessment & home learning	Homework tasks will be set based on providing supportive evidence for practical performance in two chosen sports. Students will be expected to take part in their two chosen sports outside of lessons in order to improve their performance and knowledge in their two chosen sports.				

Y10 Sports studies – SPRING TERM 2

W/C 19.02.24

W/C 26.02.24

W/C 04.03.24

W/C 11.03.24

W/C 18.03.24

	R185 Performance and leadership in sports activities				
Lesson	1	2	3	4	5
Content	Organisation and delivery of a sports activity session	Organisation of a sports activity session	Organisation of a sports activity session	Organisation of a sports activity session	Organisation and delivery of a sports activity session
Learning objectives	<p>Theory</p> <p>Planning of coaching session and risk assessment task.</p>	<p>Theory</p> <p>Planning of coaching session and risk assessment task.</p>	<p>Theory</p> <p>Planning of coaching session and risk assessment task.</p>	<p>Theory</p> <p>Planning of coaching session and risk assessment task.</p>	<p>Practical</p> <p>Delivery of coaching sessions.</p>
Aims	In this unit students will learn how to develop their skills as both a performer, in two different sporting activities, and as a leader in one activity, where they will need to plan, deliver and review safe and effective sporting activity sessions.				
Assessment & home learning	Homework tasks will be set based on providing supportive evidence for practical performance in two chosen sports. Students will be expected to take part in their two chosen sports outside of lessons in order to improve their performance and knowledge in their two chosen sports.				

Y11 Sports studies – SPRING TERM 1

W/C 08.01.24

W/C 15.01.24

W/C 22.01.24

W/C 29.01.24

W/C 05.02.24

R184 Exam unit – Contemporary issues in sport

Lesson	1	2	3	4	5
Content	The role of sport in promoting values	The role of sport in promoting values	The Olympic and Paralympic movement	The Olympic and Paralympic movement	The role of sport in promoting values
Learning objectives	<p>THEORY</p> <p>Team spirit Fair play Citizenship Tolerance and respect Inclusion National pride Excellence</p>	<p>THEORY</p> <p>Team spirit Fair play Citizenship Tolerance and respect Inclusion National pride Excellence</p>	<p>THEORY</p> <p>The Olympic creed. The Olympic symbol and the meaning behind it. The value of the Olympics and Paralympics.</p>	<p>THEORY</p> <p>The Olympic creed. The Olympic symbol and the meaning behind it. The value of the Olympics and Paralympics</p>	<p>THEORY</p> <p>Sporting values, initiatives, and campaigns.</p>
Aims	Students will explore a range of topical and contemporary issues in sport, as well as the promotion of values and ethical behaviour through sport. Students will also learn about the role of high-profile sporting events and national governing bodies in advancing sports' attempts to positively impact upon society and showcase their worth beyond providing entertainment.				
Assessment & home learning	Homework tasks will be set for each learning outcome. This will be research based as well as students answering past paper exam questions on the current topic.				

Y11 Sports studies – SPRING TERM 2

W/C19.02.24

W/C 26.02.24

W/C 04.03.24

W/C 11.03.24

W/C 18.03.24

R184 Exam unit – Contemporary issues in sport

Lesson	1	2	3	4	5
Content	The role of sport in promoting values	The role of sport in promoting values	The implications of hosting a major sporting event for a city or country	The implications of hosting a major sporting event for a city or country	The implications of hosting a major sporting event for a city or country
Learning objectives	<p>THEORY</p> <p>The importance of etiquette and sporting behaviour.</p> <p>The importance of etiquette and sporting behaviour of spectators.</p>	<p>THEORY</p> <p>The use of Performance Enhancing Drugs (PEDs) in sport</p>	<p>THEORY</p> <ul style="list-style-type: none"> regular sporting events one-off sporting events regular and recurring sporting events. 	<p>THEORY</p> <ul style="list-style-type: none"> bidding infrastructure and development of transport Financial/commercial investment/support potential for increased employment local/national objections to the bidding process 	<p>THEORY</p> <p>Positive aspects/benefits including:</p> <ul style="list-style-type: none"> social infrastructure national morale/social cohesion national status national interest in sport media coverage direct and indirect tourism short term employment.
Aims	Students will explore a range of topical and contemporary issues in sport, as well as the promotion of values and ethical behaviour through sport. Students will also learn about the role of high-profile sporting events and national governing bodies in advancing sports' attempts to positively impact upon society and showcase their worth beyond providing entertainment.				
Assessment & home learning	Homework tasks will be set for each learning outcome. This will be research based as well as students answering past paper exam questions on the current topic.				

Y10 Sports studies – SUMMER TERM 1

W/C 08.04.24

W/C 15.04.24

W/C 22.04.24

W/C 29.04.24

W/C 06.05.24

W/C 13.5.24

W/C 20.5.24

R185 Performance and leadership in sports activities

Lesson	1	2	3	4	5	6	7
Content	Organisation of a sports activity session	Organisation of a sports activity session	Evaluation of coaching session	Evaluation of coaching session	Coursework completion and improvements	Moderation week	R187 - Introduction to the unit Task 1 & 2
Learning objectives	Practical Student delivery of sports coaching sessions.	Practical Student delivery of sports coaching sessions.	Theory Reviewing leadership of a sports activity session.	Theory Reviewing leadership of a sports activity session.	Theory Coursework completion for moderation.	Theory Coursework completion for moderation.	Theory Topic Area1: Pupils will demonstrate knowledge of the provision for different types of outdoor and adventurous activities in the UK.
Aims	In this unit students will learn how to develop their skills as both a performer, in two different sporting activities, and as a leader in one activity, where they will need to plan, deliver and review safe and effective sporting activity sessions.						
Assessment & home learning	Homework tasks will be set based on providing supportive evidence for practical performance in two chosen sports. Students will be expected to take part in their two chosen sports outside of lessons in order to improve their performance and knowledge in their two chosen sports.						

Y10 Sports studies – SUMMER TERM 2

W/C 03.06.24

W/C 10.06.24

W/C 17.06.24

W/C 24.06.24

W/C 01.07.24

W/C 08.07.24

W/C 15.07.24

R187 Increasing awareness of outdoor and adventurous activities

Lesson	1	2	3	4	5	6	7
Content	Provision for different outdoor activities in the UK.	Provision for different outdoor activities in the UK.	Provision for different outdoor activities in the UK.	Equipment, clothing and safety in OAA	Equipment, clothing and safety in OAA	Equipment, clothing and safety in OAA	Equipment, clothing and safety in OAA
Learning objectives	<p>Theory</p> <p>Topic Area1:</p> <p>Pupils will demonstrate knowledge of the provision for different types of outdoor and adventurous activities in the UK.</p>	<p>Theory</p> <p>Topic Area1:</p> <p>Pupils will demonstrate knowledge of the provision for different types of outdoor and adventurous activities in the UK.</p>	<p>Theory</p> <p>Topic Area1:</p> <p>Pupils will demonstrate knowledge of the provision for different types of outdoor and adventurous activities in the UK.</p>	<p>Theory</p> <p>Topic Area 2:</p> <p>Students research and present the main safety and specialist equipment for 3 outdoor activity groups</p>	<p>Theory</p> <p>Topic Area 2:</p> <p>Students research and present the main safety and specialist equipment for 3 outdoor activity groups</p>	<p>Theory</p> <p>Topic Area 2:</p> <p>Students research and present the main safety and specialist equipment for 3 outdoor activity groups</p>	<p>Theory</p> <p>Topic Area 2:</p> <p>Students research and present the main safety and specialist equipment for 3 outdoor activity groups</p>
Aims	Students will develop their knowledge and understanding of different outdoor activities, how to plan an outdoor activity and be able to participate in one. They will develop their communication, decision making and leadership skills in challenging scenarios and environments.						
Assessment & home learning	Homework tasks will be set based on providing supportive evidence for practical performance in one outdoor activity. Students will be expected to take part in their chosen sport outside of lessons, to improve their performance and knowledge.						

Y11 Sports studies – SUMMER TERM 1

W/C 08.04.24

W/C 15.04.24

W/C 22.04.24

W/C 29.04.24

W/C 06.05.24

W/C 13.5.24

W/C 20.5.24

R184 Exam unit – Contemporary issues in sport

Lesson	1	2	3	4	5	6
Content	The implications of hosting a major sporting event for a city or country	The role National Governing Bodies (NGBs) play in the development of their sport	The role National Governing Bodies (NGBs) play in the development of their sport	The use of technology in sport	The use of technology in sport	Exam week
Learning objectives	<p>THEORY</p> <p>Negative aspects and drawbacks of hosting a world games.</p>	<p>THEORY</p> <p>The roles of NGBs with reference to:</p> <ul style="list-style-type: none"> • participation • coaching and officiating • tournaments and competitions • rules and sanctions • safety • support, insurance and technical guidance • policies and initiatives • funding 	<p>THEORY</p> <p>The roles of NGBs with reference to:</p> <ul style="list-style-type: none"> • participation • coaching and officiating • tournaments and competitions • rules and sanctions • safety • support, insurance and technical guidance • policies and initiatives • funding 	<p>THEORY</p> <p>How technology can be positive for the performer in terms of:</p> <ul style="list-style-type: none"> • enhanced performance • lowering the risk of injury • reducing the recovery time from injury • more accurate decisions • technical analysis of performance. 	<p>THEORY</p> <p>How technology can be negative for the performer in terms of:</p> <ul style="list-style-type: none"> • unequal access • cost • availability and affordability • interruptions to the flow of the game • influence on decisions of officials. 	<p>THEORY</p> <p>Revision sessions</p> <p>Analyse and practise exam style questions</p>
Aims	Students will explore a range of topical and contemporary issues in sport, as well as the promotion of values and ethical behaviour through sport. Students will also learn about the role of high-profile sporting events and national governing bodies in advancing sports' attempts to positively impact upon society and showcase their worth beyond providing entertainment.					
Assessment & home learning	Homework tasks will be set for each learning outcome. This will be research based as well as students answering past paper exam questions on the current topic.					