

	Year 10	Year 11
Autumn half term 1 Sequential knowledge and skills	<p>Unit R185: Performance and leadership in sports activities</p> <p>Unit R185: Performance and leadership in sports activities</p> <p>Topic Area 2: applying practice methods to support improvement in a sporting activity.</p> <ul style="list-style-type: none"> Assessing strengths and weaknesses in an activity Methods to improve performance considering different types of practice and progressive drills and how to alter the context of performance. Use of tools to evaluating the improvement on performance <p>Topic Area 1: Key components of performance</p> <ul style="list-style-type: none"> Performance of skills and techniques in two activities Appropriate use of tactics, strategies, compositional ideas and creativity in performance Appropriate and timely decisions Ability to maintain own performance Awareness of role and contribution to the team 	<p>Unit R187: Increasing awareness of Outdoor and Adventurous Activities.</p> <p>Topic Area 4: Evaluate participation in an outdoor and adventurous activity</p> <ul style="list-style-type: none"> Evaluate participation of outdoor activity Evaluate the value of participating in outdoor activities Evaluate the mental, physical and social benefits of participating in outdoor activities. <p>Unit R187: Increasing awareness of Outdoor and Adventurous Activities.</p> <p>Topic Area 1: Provision for different types of outdoor and adventurous activities in the UK.</p> <ul style="list-style-type: none"> Referencing National Governing Bodeis for addition information on the approved activity areas, as listed on the approved activities. Outdoor activity organisations (Including NGBS)
Assessment Content and methods used to judge learning	<p>Logbooks to be collated for each student in their chosen sport</p> <p>Observations in competitive games</p> <p>Witness Statements</p>	<p>Written coursework deadline for R187 topic areas 1 and 4.</p>
Autumn half term 2 Sequential knowledge and skills	<p>Topic Area 2 continued: applying practice methods to support improvement in a sporting activity.</p> <ul style="list-style-type: none"> Assessing strengths and weaknesses in an activity Methods to improve performance considering different types of practice and progressive drills and how to alter the context of performance. 	<p>Unit R187: Increasing awareness of Outdoor and Adventurous Activities.</p> <p>Topic Area 2: Equipment, clothing and safety aspects of participating in outdoor and adventurous activities.</p> <ul style="list-style-type: none"> Types of equipment to be used for participation Types of clothing to be used for participation Types of technology that can enhance participation or safety Types of terrain and environment <p>Unit R184: Contemporary issues in sport</p> <p>Topic Area 1: Issues which affect participation in sport</p>

	<ul style="list-style-type: none"> • Use of tools to evaluating the improvement on performance 	<ul style="list-style-type: none"> • Different user groups who participate in sport • Possible barriers which affect participation in sport • Possible solutions to the barriers which affect participation in sport • Factors which can positively and negatively impact upon the popularity of sport in the UK • Emerging new sports in the UK
Assessment Content and methods used to judge learning	Written coursework for Topic Area 2 Deadline.	Written coursework for R187 topic area 2. Overall submission of R187 for external moderation. Homework and exam questions for R184 topic area 1.
Spring half term 3 Sequential knowledge and skills	Unit R185: Performance and leadership in sports activities Topic Area 3: Organising and planning a sports activity session <ul style="list-style-type: none"> • Organisation of a sports activity session • Objectives to meet the needs of the group 	Unit R184: Contemporary issues in sport Topic Area 2: The role of sport in promoting values <ul style="list-style-type: none"> • Values which can be promoted through sport • The Olympic and Paralympic event • Sporting values, initiatives and campaigns which promote sporting values. • The importance of etiquette and sporting behavior of performers and spectators. • The use of performance enhancing drugs (PEDs) in sport Topic Area 4: The role National Governing bodies (NGBs) play in the development of their sport. <ul style="list-style-type: none"> • What do NGBs do for their sport
Assessment Content and methods used to judge learning	Written coursework, completion of sports leadership plan	Homework Mock Exams Practice papers
Spring half term 4 Sequential knowledge and skills	Unit R185: Performance and leadership in sports activities Topic Area 3: Organising and planning a sports activity session <ul style="list-style-type: none"> • Safety considerations when planning a sports activity session Topic Area 4: Leading a sports activity session	Unit R184: Contemporary issues in sport Topic Area 3: The implications of hosting a major sporting event for a city or country. <ul style="list-style-type: none"> • The features of a major sporting event • Positive and negative pre-event aspects of hosting a major sporting event

	<ul style="list-style-type: none"> • Organisation of a sports activity session • Leading a sports activity session 	<ul style="list-style-type: none"> • Potential positive and negative aspects of hosting a major sporting event <p>Unit R184: Contemporary issues in sport Topic Area 5: The use of technology in sport</p> <ul style="list-style-type: none"> • The role of technology in sport to enhance performance, increase safety of participants, ensure fair play and enhance spectatorship • Positives and negative effects of the use of technology in sport.
Assessment Content and methods used to judge learning	Written Coursework for Topic Area 3 deadline. Leading a sports session for Topic Area 4- witness statements completed by staff	Homework Mock Exams Practice papers
Summer half term 5 Sequential knowledge and skills	Unit R185: Performance and leadership in sports activities Topic Area 5: Reviewing your own performance in planning and leading a sports activity session <ul style="list-style-type: none"> • Review your leadership of a sports activity session considering the planning, leading, suitability of activities, improvements that could be made and opportunities to further develop leadership skills for the future. 	Revision of all topic areas of Unit R184 in preparation for final exam.
Assessment Content and methods used to judge learning	Written Coursework for Topic Area 5 deadline. Submission of R185 mid May for external moderation	External Exam of R184.
Summer half term 6 Sequential knowledge and skills	Unit R187: Increasing awareness of Outdoor and Adventurous Activities. Topic Area 3: Plan for and be able to participate in an outdoor and adventurous activity. <ul style="list-style-type: none"> • Key considerations to include • Outdoor activity risk assessment • Emergency procedures plan 	

	<ul style="list-style-type: none">• Demonstrating appropriate skills in outdoor activities	
Assessment Content and methods used to judge learning Assessment	Observations Witness Statement Field Trip	