

		Autumn1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2		
Year 10		Unit R187: Increasing Awareness of Outdoor and Adventurous Activities Topic Area 1: Provision for different types of OAAs in the UK 1.1 The provision available for outdoor and adventurous activities both locally and nationally Topic Area 2: Equipment, clothing and safety aspects of participating in OAAs 2.1 Types of equipment to be used for participation 2.2. Types of clothing to be used for participation 2.3 Types of technology that can enhance participation or safety 2.4. Types of terrain and environment		Unit R187: Increasing Awareness of Outdoor and Adventurous Activities Topic Area 3: Plan for and be able to participate in an OAA 3.1 Key considerations when planning an OA in a specified location 3.2 OA risk assessment 3.3 Emergency procedures plan 3.4 Demonstrate appropriate skills in OAs Topic Area 4: Evaluate participation in an OAA 4.1 Evaluate participation of OA 4.2 Evaluate the value of participating in OAs		Unit R184: Contemporary issues in sport Issues which affect participation in sport Students will learn about the different user groups in sport. They will investigate the barriers to participation and the solutions. They will learn about the factors which can impact on the popularity of sport and emerging sports.		Unit R184: Contemporary issues in sport The role of sport in promoting values Students will learn about the values which can be promoted through sport, including examination of the Olympic and Paralympic values. They will learn about the importance of etiquette and sporting behaviour and PEDs in sport.	
		Unit R185: Performance and leadership in sports activities Key components of performance Students will learn the skills & techniques of 2 activities and will participate in them, showing appropriate use of tactics, strategies & decision making. They will learn to manage & maintain their performance in their individual activity and understand their role in a team activity.		Unit R185: Performance and leadership in sports activities Applying practice methods to support improvement in a sporting activity Students will assess their strengths and weaknesses in an activity and investigate methods to improve performance and measure this improvement.		Unit R185: Performance and leadership in sports activities Organizing and planning a sports activity session Students will learn how to plan a session, conduct risk assessments and meet the objectives of the group.			
	Assessments	Unit R187: Tasks 1 & 2		Unit 187: Task 3 Unit R184: Topic test		Unit R184: Topic test Unit R185: Session Plan			

		Autumn1	Autumn 2	Spring 1	Spring 2	Summer 1	
Year 11		Unit R184: Contemporary issues in sport The implications of hosting a major sporting event for a city or country Students will learn about the features of a major sporting event and the positive and negative aspects of hosting a major sporting event, before, during and after the event.		Unit R184: Contemporary issues in sport The role NGBs play in the development of their sport Students will learn what NGBs do for their sport. The use of technology in sport Students will learn the role of technology in relation to performance, safety, accuracy & spectatorship.		Revision	
		Unit R185: Performance and leadership in sports activities Leading a sports activity session Students will organize a sports activity session and lead it.		Unit R185: Performance and leadership in sports activities Reviewing your performance in planning & leading a sports activity session Students will review their leadership, considering positives and negatives of their planning and leadership. They will consider improvements that could be made.			
	Assessments	Unit R184: Topic test Unit R185: Lead the session		Unit R184: External exam Unit R185: Session review			