

Year 10 Sports Studies

	Knowledge & Understanding			Subject Specific Literacy Development		Cultural Capital / Enrichment Opportunities
	Topics (Bigger Picture)	Knowledge (Key Concepts)	Recall & Retrieval Practice Focus	Read Like A... Focus	Key Vocabulary	
Half Term 1	R184: Contemporary issues in sport Topic area 1, 2	Issues which affect participation in sport: barriers for different user groups and the solutions (promote, provision and accessibility) Sporting values: Olympic Creed, Olympic values and sporting values, the effects of drugs on athletes and how they're regulated within sport.	Log books	Sporting Values text. Performance enhancing drugs text	Provision, WADA, promotion, accessibility	
	R185: Topic area 1 - Performance and leadership in sports activities	Students will be assessed practically in 2 chosen sports	Log books			Students have the chance to show cases their physical, tactical and technical skills 2 sports of their choice.
	R185: Topic area 3 - Performance and leadership in sports activities Planning a sports session	Students will plan a sports session of their choice. Students will deliver this session later in the in HT3. Students must have knowledge of teaching points for skills in their chosen sport and knowledge of drills. Students will consider health and safety and complete a risk assessment	Issues which affect participation in sport		Progression, degression, Pulse raiser, contingency	

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Half Term 2	R185: Topic area 4 - Performance and leadership in sports activities Delivery of session	As a leader, students will use your initiative to solve problems and make decisions. As a leader, develop a range of transferable skills. Apply safe practice, timing, adaptability and reliability. Include: Activity specific details, leadership styles, delivery styles, communication, positioning, creativity.	Solutions to barriers		Communication, positioning, voice projection, teaching points	Students have the opportunity to lead a session in front of their peers
	R185: Topic area 5 - Performance and leadership in sports activities Review of session	Review strengths and weaknesses of their delivered sports session. Provide detail on how they had to adapt the session.	Olympic creed, Olympic/Paralympic values		Progression, degression, Pulse raiser, contingency, communication, positioning, voice projection, teaching points	
	R185: Topic area 2 - Performance and leadership in sports activities 6 training programme	Review strengths and weaknesses of their chosen sports. Complete a SWOT analysis of their own performance in e.g. football Design a 6 week programme to improve two skills in their chosen sport.	Sporting values		SWOT analysis, data analysis, log book	
Half Term 3 & 4	R185: Topic area 2 - Performance and leadership in sports activities 6 training programme	Review strengths and weaknesses of their chosen sports. Complete a SWOT analysis of their own performance in e.g. football Design a 6 week programme to improve two skills in their chosen sport	Why athletes take drugs in sport		SWOT analysis, data analysis, log book	
Half Term 5	Unit R187: Increasing awareness of Outdoor and Adventurous Activities – topic area 3	Plan for an outdoor and adventurous activity. Key considerations to take when planning in a specified location Outdoor risk assessment. Emergency procedures plan.	Why athletes do not take drugs in sport		Emergency procedures, risk assessment, supplies	Students work on their leadership/teamwork skills in a practice OAA session in school.

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Half Term 6	Unit R187: Increasing awareness of Outdoor and Adventurous Activities – topic area 1	Students will research the provision available for outdoor and adventurous activities in the UK. Outdoor activity organisations including NGB's.	WADA		National, regional, National governing bodies	

Key Assessments

When	What will be assessed?	Why is this being assessed?	How will results be stored & students receive feedback?
Half term 1	TA1 & 2 Contemporary issues in sport Topic area	Knowledge checker. To see how students perform in exam conditions.	Students will be given feedback and teacher will adapt their teaching following analysis
Half term 3	R184: Contemporary issues in sport Topic area 1, 2	Students have covered exam topic areas 1 and 2. Teachers will be able to see what knowledge students have retained.	SIMS Exam analysis in class
Half term 5	R185: Performance and Leadership Coursework Submission	Students submit their 5 tasks which is worth 40% of their overall grade	SIMS Key pieces/Whole class feedback