"Sport has the power to change the world."
Nelson Mandela

Sport Studies Learner Journey

Developing knowledge. Building skills. Creating opportunities.

ST MICHAEL'S CATHOLIC ACADEMY BILLINGHAM
FAITH • LEARNING • TOGETHER

YEAR 10

Year 10 – Term 1
R184: Contemporary issues in sport (Part 1)

- Issues affecting participation
- Different user groups
- Barriers to participation
- Possible solutions to barriers
- Factors affecting the popularity of sport in the UK

EXPLORE
Understand the world of sport

Year 10 – Term 2
R184: Contemporary issues in sport (Part 2)

- The role of sport in promoting values
- Olympic and Paralympic movement
- Sporting values and campaigns
- Etiquette and sporting behaviour
- Performance enhancing drugs (PEDs)

CONSIDER
Explore values and ethical issues

Year 10 – Term 3
R184: Contemporary issues in sport (Part 3)

- Major sporting events
- Positive and negative impacts
- The role of National Governing Bodies (NGBs)
- The use of technology in sport

APPLY
Use knowledge in real-life contexts

Year 10 – Term 4
R185: Performance and leadership in sports activities (Part 1)

- Key components of performance
- Practical performance in two activities
- Tactics, strategies and decision making
- Strengths and weaknesses
- Practice
  Potorice methods to improve performance

DEVELOP
Improve performance and skills

CHARACTER
CONFIDENCE
RESPECT
DETERMINATION

"A healthier, happier you through sport."

"The journey doesn't just build better athletes, it builds stronger people."

Year 11

Year 11 – Term 1
R185: Performance and leadership in sports activities (Part 2)

- Planning a sports activity session
- Organising and risk assessment
- Leading a sports activity session
- Reviewing leadership performance

LEAD
Plan, lead and evaluate activity sessions

Year 11 – Term 2
R186 or R187 (Options)

R187: Increasing awareness of Outdoor and Adventurous Activities

- Activity provision locally and nationally
- Equipment, clothing and safety
- Planning and risk assessment
- Participate and evaluate activity

OR OR

R186: Sport and the media

- Media sources and how they cover sport
- Positive effects of the media
- Negative effects of the media
- Media, sport and revenue

EXPLORE
Experience new environments or explore the media's role in sport

Year 11 – Term 3
Revision and exam preparation (R184)

- Consolidate knowledge from all topic areas
- Exam practice and past papers
- Apply knowledge to real-life scenarios

PREPARE
Build confidence for success

Year 11 – Term 4
Final assessments and next steps

- Sit R184 exam (terminal assessment)
- Complete NEA unit(s)
- Submit final work for moderation
- Reflect on your learning journey
- Explore post-16 pathways in sport, physical activity, media, health and leisure

ACHIEVE
Be proud of what you have accomplished

YOUR FUTURE

Progress to:

- A Level Physical Education
- Level 3 Cambridge Technical in Sport and Physical Activity
- Apprenticeships in the sport, leisure and health sector
- Careers in sport, coaching, fitness, media and beyond

KNOWLEDGE
Understand real-world issues in sport

SKILLS
Develop practical, leadership and transferable skills

OPPORTUNITIES
Prepare for further study, apprenticeships and future careers

More than a qualification... a brighter future