


SUBJECT: SPORTS STUDIES

Year Group	YEAR 10					
Rationale	The Cambridge National in Sport Studies takes a more sector-based focus, whilst also encompassing some core sport/physical education themes. Students have the opportunity to apply theoretical knowledge about different types of sport and physical activity, skills development and sports leadership to their own practical performance. They will learn about contemporary issues in sport such as funding, participation, ethics and role models, and sport and the media. Students will develop an appreciation of the importance of sport locally and nationally, different ways of being involved in sport.					
	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Topic/Unit	R051: Contemporary issues in sport (LO1)	R051: Contemporary issues in sport (LO2)	R051: Contemporary issues in sport (LO2)	R051: Contemporary issues in sport (LO3)	R051: Contemporary issues in sport (LO4)	R051: Contemporary issues in sport (LO1-4)
	R052: Developing sports skills (LO1/2)	R052: Developing sports skills (LO1/2)	R052: Developing sports skills (LO1/2)	R052: Developing sports skills (LO3)	R056: Developing knowledge and skills in outdoor activities (LO1)	R056: Developing knowledge and skills in outdoor activities (LO4)
	R052: Developing sports skills (LO4)	R052: Developing sports skills (LO4)	R052: Developing sports skills (LO4)	R052: Developing sports skills (LO4)		
Knowledge	Understand the issues which affect participation in sport	Know about the role of sport in promoting values	Know about the role of sport in promoting values	Understand the importance of hosting major sporting events	Know about the role of national governing bodies in sport	See knowledge lists from previous terms
	Be able to use skills, techniques and tactics/strategies / compositional ideas as an individual or team performer in a sporting activity	Be able to use skills, techniques and tactics/strategies / compositional ideas as an individual or team performer in a sporting activity	Be able to use skills, techniques and tactics/strategies / compositional ideas as an individual or team performer in a sporting activity	Be able to officiate in a sporting activity	Know about different types of outdoor activities and their provision	Be able to demonstrate knowledge and skills during outdoor activities
	Be able to apply practice methods to support improvement in a sporting activity	Be able to apply practice methods to support improvement in a sporting activity	Be able to apply practice methods to support improvement in a sporting activity	Be able to apply practice methods to support improvement in a sporting activity.		
Skills	UNDERSTAND, IDENTIFY & EXPLAIN <ul style="list-style-type: none"> ▪ The different user groups who may participate in sport ▪ The possible barriers which affect participation in sport ▪ The solutions to barriers which affect participation in sport ▪ The factors which can impact upon the popularity of sport in the UK 	UNDERSTAND, IDENTIFY & EXPLAIN <ul style="list-style-type: none"> ▪ Values which can be promoted through sport ▪ Other initiatives and events which promote values through sport ▪ The importance of etiquette and sporting behaviour of both performers and spectators ▪ The use of performance- 	UNDERSTAND, IDENTIFY & EXPLAIN <ul style="list-style-type: none"> ▪ Values which can be promoted through sport ▪ Other initiatives and events which promote values through sport ▪ The importance of etiquette and sporting behaviour of both performers and spectators ▪ The use of performance- 	UNDERSTAND, IDENTIFY & EXPLAIN <ul style="list-style-type: none"> ▪ Features of major sporting events ▪ Potential benefits and drawbacks of cities/countries hosting major sporting events ▪ The links between potential benefits and drawbacks and legacy 	UNDERSTAND, IDENTIFY & EXPLAIN <ul style="list-style-type: none"> ▪ What national governing bodies in sport do (Development, Infrastructure, Promotion, Policies, Support & Funding) 	<ul style="list-style-type: none"> ▪ Revision Techniques ▪ Exam Techniques ▪ Retrieval Practice ▪ Interleaving and Spacing Techniques



	<ul style="list-style-type: none"> Current trends in the popularity of different sports in the UK Growth of new/emerging sports and activities in the UK 	enhancing drugs in sport	enhancing drugs in sport			
	<p>ACQUIRE, DEVELOP & APPLY</p> <ul style="list-style-type: none"> Performance of skills and techniques Creativity Appropriate use of tactics/strategies/compositional ideas Decision-making during performance Ability to manage/maintain own performance 	<p>ACQUIRE, DEVELOP & APPLY</p> <ul style="list-style-type: none"> Performance of skills and techniques Creativity Appropriate use of tactics/strategies/compositional ideas Decision-making during performance Ability to manage/maintain own performance 	<p>ACQUIRE, DEVELOP & APPLY</p> <ul style="list-style-type: none"> Performance of skills and techniques Creativity Appropriate use of tactics/strategies/compositional ideas Decision-making during performance Ability to manage/maintain 	<p>ACQUIRE, DEVELOP & APPLY</p> <ul style="list-style-type: none"> How to apply rules and regulations relevant to the activity The importance of consistency The importance of accuracy The use of signals To communicate decisions The importance of positioning 	<p>ACQUIRE, DEVELOP & APPLY</p> <ul style="list-style-type: none"> The definition of an outdoor activity Outdoor activities on the approved list Provision of outdoor activities in the UK 	<p>ACQUIRE, DEVELOP & APPLY</p> <ul style="list-style-type: none"> Care and use of equipment Safe practice Communication skills Decision-making skills Team-working skills Problem-solving skills
	<p>ACQUIRE, DEVELOP & APPLY</p> <ul style="list-style-type: none"> How to identify areas of improvement in their own performance in a sporting activity Types of skills 	<p>ACQUIRE, DEVELOP & APPLY</p> <ul style="list-style-type: none"> How to identify areas of improvement in their own performance in a sporting activity Types of skills 	<p>ACQUIRE, DEVELOP & APPLY</p> <ul style="list-style-type: none"> Types of practice Methods to improve own performance How to measure improvement in skills, techniques and strategies developed 	<p>ACQUIRE, DEVELOP & APPLY</p> <ul style="list-style-type: none"> Types of practice Methods to improve own performance How to measure improvement in skills, techniques and strategies developed 		
Assessments	Written exam out of 30 marks	Written exam out of 45 marks	Written exam out of 45 marks	Written exam out of 60 marks	Written exam out of 60 marks	Written exam out of 60 marks
	Centre assessed unit out of 15 marks, for each activity	Centre assessed unit out of 15 marks, for each activity	Centre assessed unit out of 15 marks, for each activity	Centre assessed unit out of 15 marks, for each activity	Centre assessed unit out of 9 marks	Centre assessed unit out of 21 marks
	Centre assessed unit out of 15 marks, for each activity	Centre assessed unit out of 15 marks, for each activity	Centre assessed unit out of 15 marks, for each activity	Centre assessed unit out of 15 marks, for each activity		