


SUBJECT: SPORTS STUDIES

YEAR GROUP:	Year 11				
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	R056: Skills and benefits of taking part in OAA (L02)	R053: Types of leadership (LO1)	R053: Plan a sports session (LO2)	R05:3 Evaluate your sports session (LO4)	
	R056: Planning an OAA session (L03)	R051: Contemporary issues in sport (LO1-4)	R045: Deliver a sports session (LO3)	SUBMISSION OF ALL INTERNALLY ASSESSED UNITS (15 th May)	
	R051: Contemporary issues in sport (LO1-4)				
Knowledge	Understand the value of participating in outdoor activities	Know the personal qualities, styles, roles and responsibilities associated with effective sports leadership	Be able to plan sports activity sessions	Be able to evaluate own performance in delivering a sports activity session	
	Be able to plan an outdoor activity	See knowledge lists from Y10 curriculum map	Be able to deliver sports activity session	R052 – LO1 to 4 R053 – LO1 to 4 R056 – LO1 to 4	
	See knowledge lists from Y10 curriculum map				
Skills	ACQUIRE, DEVELOP & APPLY <ul style="list-style-type: none"> •General benefits of participating in outdoor activities •How participating in outdoor activities can help skills development 	ACQUIRE, DEVELOP & APPLY <ul style="list-style-type: none"> •Different leadership roles and opportunities in sport •Role-related responsibilities •Personal qualities which relate to leadership roles •Leadership styles 	ACQUIRE, DEVELOP & APPLY <ul style="list-style-type: none"> •Key considerations when planning sports activity sessions •Safety considerations when planning sports activity sessions 	ACQUIRE, DEVELOP & APPLY <ul style="list-style-type: none"> •Key aspects to consider in evaluating planning and delivery of a sports activity session 	
	ACQUIRE, DEVELOP & APPLY <ul style="list-style-type: none"> •Key considerations to make when planning an outdoor activity •Hazards to be aware of when planning outdoor activities 	•REVISION TECHNIQUES •EXAM TECHNIQUES •RETRIEVAL PRACTICE •INTERLEAVING AND SPACING TECHNIQUES	ACQUIRE, DEVELOP & APPLY <ul style="list-style-type: none"> •Safe practice •Delivery style •Communication skills •Motivation techniques •Activity-specific knowledge •Adaptability 	MODERATION SAMPLE SENT TO EXAM BOARD (OCR)	
	•REVISION TECHNIQUES •EXAM TECHNIQUES •RETRIEVAL PRACTICE •INTERLEAVING AND SPACING TECHNIQUES				

St Edmund Arrowsmith **Catholic** High School: Curriculum (2022-2023)



Assessments	Centre assessed unit out of 9 marks	Centre assessed unit out of 9 marks	Centre assessed unit out of 18 marks	Centre assessed unit out of 15 marks	
	Centre assessed unit out of 21 marks	Written exam out of 60 marks	Centre assessed unit out of 18 marks	Centre assessed units out of 180 marks	
	Written exam out of 60 marks	Externally Assessed January			