

St Peter's Catholic High School: Year 10 CNAT Sport Studies (OCR) –



LO1 – Know about the different types of Outdoor Activities

- Outdoor activities
- Definition
 - Different types
 - Provision



RO56 – Developing Knowledge and skills in Outdoor Activities

Know about the range of outdoor activities that are available in the UK. Know how to plan an outdoor activity and be able to participate in one. Gain an understanding of health and safety and risk assessments in outdoor scenarios.



Progress onto Year 11

LO2 – TEAM Performer

- Skills & Techniques
- Creativity
- Tactics/Strategies/ Compositional Ideas
- Decision Making
- Awareness of role within/contribution to team



LO3 – Officiation a Sporting Activity

- Apply rules & regulations to activity
- Importance of consistency / accuracy
- Use of signals and communicate decisions
- Importance of positioning



Summer Term

RO51 – Contemporary Issues in Sport

Home Revision. CSS revision
Resit for exam in May/June

LO4 – Applying Practice Methods to Improve Performance

- Identify areas of improvement
- Types of Skills
- Types of Practice
- Methods to improve own performance
- How to measure improvement



Spring Term

RO51 – Contemporary Issues in Sport

Sit official examination on this unit in January. 1 hour. /60



RO51 – Contemporary Issues in Sport

Revision & mock examination in preparation for January Exam



LO4 – Role of NGB's in Sport

- What NGB's do:
- Promotion - Development, - Infrastructure
- Policies - Initiatives - Funding -Support.



LO3 – Importance of hosting major sporting events

- Features of major sporting events: Regularity / Scheduling
- International Element
- Investment
- Potential Legacy
- Benefits & Drawbacks of hosting



Autumn Term

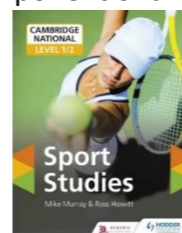
Introduction to Sport Studies

What is CNAT Sport Studies?
Expectations of the course
Begin to think of Sports for RO52



RO51 – Contemporary Issues in Sport

EXAM Component of the course



LO1 – Issues which affect participation in sport

- Different user groups
- Possible barriers
- Solutions (provision, promotion & access)



LO2 – Role of Sport in Promoting Values

- Values promoted through sport
- Olympic & Paralympic Movement
- Values of Initiatives & Events
- Etiquette & Sporting Behaviour
- Drugs in Sport & Ethical Issues



Your CNAT Sport Studies Journey starts here ...

St Peter's Catholic High School: Year 11 CNAT Sport Studies (OCR) –



Opportunity to improve coursework grades for R052, 53, and 56.

- Improve assignments for previous modules

Opportunity to complete work experience before starting college

Physiotherapy PE Teacher Sports Medicine Sports Coaching



Your new journey begins

- Study Sport at our local Sixth Form Colleges



LO2 – Planning Sport Activity Sessions

- Key considerations when planning sport activity sessions (objectives, equipment, timing, engagement & organisation)
- Safety considerations (Risk Assessment & Corrective Action)



LO4 – Evaluating Own Performance of Sessions

- Key aspects considered: Plan and delivery
- What Went Well? (WWW)
- What did not go well? (EBI)
- What could be improved for the future?



LO1 – Qualities, Styles, Roles & Responsibilities of Effective Leaders

- Different leadership roles (e.g. captains, managers etc.)
- Role related responsibilities
- Personal qualities
- Leadership Styles (Democratic, Autocratic & Laissez-faire)



Summer Term

LO3 – Delivering Sessions

- Delivering sessions focusing on:
- Safe practice
 - Communication skills
 - Activity-Specific knowledge
 - Delivery style
 - Motivation techniques
 - Adaptability



Spring Term

R053 – Sports Leadership

Understand, plan, deliver and review safe and effective sport activity sessions



LO4 Be able to demonstrate knowledge and skills during outdoor activities

- Care and use of equipment
- Safe practice, communication skills
- Decision making, team working skills
- Problems solving skills

LO3 Be able to plan an outdoor activity

- Key considerations: health and safety, personnel, clothing and equipment, location, supplies, emergency procedures, contingency plans, shelter, weather, timing.
- Hazards: inappropriate supervision, poor/incorrect equipment, weather, illness, getting lost

Autumn Term

R056 – Developing Knowledge and skills in Outdoor Activities

Know about the range of outdoor activities that are available in the UK. Know how to plan an outdoor activity and be able to participate in one. Gain an understanding of health and safety and risk assessments in outdoor scenarios.

LO1 – Know about the different types of Outdoor Activities

- Outdoor activities
- Definition
 - Different types

LO2 Understand the value of participating in outdoor activities

- General benefits
- Skills development

Your CNAT Sport Studies Journey continues here ...