

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



Progress onto Year 11

TA2 – Applying practice methods to support improvement in a sporting activity

- Strengths and weaknesses for Sports Performance
- Methods to improve performance
- Measuring Performance

TA3 – Organising and Planning a sport activity session

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



TA4 – Leading a Sports Activity Session

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

TA5 – Review your leadership of a sports activity sessions

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



Summer Term

TA5 – The use of Technology in Sport

- Role of technology -Enhance performance, increase safety, fair play and spectatorship
- Positive and negative effects of use of technology in sport



TA4 – Role of NGB's in Sport

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



Spring Term

R185 – Performance and Leadership in Sports Activities

Perform and review performance in 2 activities, plan, deliver and review safe and effective sport activity sessions



TA1 Key Components of Performance

- Select 2 activities and participate for minimum of 6 weeks



Autumn Term

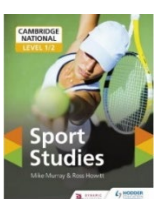
Introduction to Sport Studies

What is CNAT Sport Studies?
Expectations of the course
Begin to think of Sports for R185



R184 – Contemporary Issues in Sport

EXAM Component of the course



TA1 – Issues which affect participation in sport

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



TA2 – 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) –



R184 – Contemporary Issues in Sport

Complete R184 June Exam

Opportunity to improve coursework grades.

- Improve coursework for previous topic areas.

R184 – Contemporary Issues in Sport

- Revision of EXAM Component of the course



Your new journey begins

- Study Sport at our local Sixth Form Colleges

TA3 Participate in an outdoor and adventurous activity

- Demonstrate appropriate skills in outdoor activities
- Safe practice, communication skills, decision making skills, clarifying issues and team working skills



TA4 – Evaluation of participation in Outdoor activity

- What went well
- What aspects could be improved and the value participating



Summer Term

TA3 Plan for an outdoor and adventurous activity

- Key considerations: health and safety, personnel, clothing and equipment, licensing, location, supplies, contingency plans, shelter, weather, timing.
- Risk Assessment and emergency procedures.

R184 – Contemporary Issues in Sport

Revision of EXAM Component of the course
TA3, TA4, TA5

TA2 Equipment, clothing and safety aspects of participating in outdoor and adventurous activities

- Types of equipment
- Types of clothing
- Types of technology
- The role of technology
- Types of terrain and environment



Spring Term

R184 – Contemporary Issues in Sport

Revision of EXAM Component of the course
TA1, TA2

TA1 – Provision for different types of outdoor and adventurous activities in the UK

- Provision of 3 outdoor and adventurous activities
- National Sports Centre's
- Voluntary Organisations
- Local Providers

R187 –Increasing awareness of Outdoor and Adventurous 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.

Autumn Term



Your CNAT Sport Studies Journey continues here ...