



Physical Education Department

Long-term sequencing Year 10 CNAT Sport Studies in PE

<p>The Cambridge National in Sport Studies curriculum will encourage students to understand and apply the fundamental principles and concepts of Sport Studies, develop learning and practical skills that can be applied to real-life contexts and work situations whilst thinking creatively, innovatively, analytically, logically and critically. Students will develop independence and confidence in using skills that are relevant to the Exercise, Physical Activity, Sport and Health sector and more widely. Students will understand topical and contemporary issues in sport, including; why people do and do not participate in sport, the promotion of ethics and values, the roles of National Governing Bodies and high profile events have in sport, as well as how technology is used within sport. They will develop skills as a performer and learn how to lead sporting activity sessions whilst creating a plan, write and evaluate an activity session, to further develop their leadership skills. Students will analyse their own performance to help improve themselves and their skills in sport and develop the skills of team working, research and planning and understand that sports performance goes far beyond just the simple physical activity of sport.</p>		
<p>HALF TERM 1: Unit R185: Performance and leadership in sports activities</p> <p>Topic Area 1: Key components of performance Topic Area 2: Applying practice methods to support improvement in a sporting activity</p> <p>STUDENTS MUST KNOW:</p> <ol style="list-style-type: none"> 1.1 Performance in two selected activities 1.2 Participating in your activities 1.3 Decision-making during performance 1.4 Managing and maintaining performance in individual activities 1.5 Your role and contribution to team activities 2.1 Strengths and weaknesses of sports performance 2.2 Methods to improve performance 2.3 Measuring improvement in performance <p>HOW THIS WILL BE ASSESSED: Practically assessed marked against criteria set by exam board.</p>	<p>HALF TERM 2: Unit R185: Performance and leadership in sports activities</p> <p>Topic Area 3: Organising and planning a sports activity session</p> <p>STUDENTS MUST KNOW:</p> <ol style="list-style-type: none"> 3.1 Organisation of a sports activity session 3.2 Safety considerations when planning a sports activity session 3.3 Objectives to meet the needs of the group <p>HOW THIS WILL BE ASSESSED: Written piece of coursework.</p>	<p>HALF TERM 3: Unit R185: Performance and leadership in sports activities</p> <p>Topic Area 4: Leading a sports activity session Topic Area 5: Reviewing your own performance in planning and leading a sports activity session</p> <p>STUDENTS MUST KNOW:</p> <ol style="list-style-type: none"> 4.1 Organisation of a sports activity session 4.2 Leading a sports activity session 5.1 Review your leadership of a sports activity session <p>HOW THIS WILL BE ASSESSED: Practically assessed marked against criteria set by exam board and written piece of coursework.</p>
<p>HALF TERM 4: Unit R187: Increasing awareness of Outdoor and Adventurous Activities</p> <p>Topic Area 1: Provision for different types of outdoor and adventurous activities in the UK</p> <p>STUDENTS MUST KNOW:</p> <ol style="list-style-type: none"> 1.1 The provision available for outdoor and adventurous activities both locally and nationally <p>HOW THIS WILL BE ASSESSED: Written piece of coursework.</p>	<p>HALF TERM 5: Unit R187: Increasing awareness of Outdoor and Adventurous Activities</p> <p>Topic Area 2: Equipment, clothing and safety aspects of participating in outdoor and adventurous activities Topic Area 3: Plan for and be able to participate in an outdoor and adventurous activity</p> <p>STUDENTS MUST KNOW:</p> <ol style="list-style-type: none"> 2.1 Types of equipment to be used for participation 2.2 Types of clothing to be used for participation 2.3 Types of technology that can enhance participation or safety 2.4. Types of terrain and environment 3.1 Key considerations when planning an outdoor activity in a specified location 3.2 Outdoor activity risk assessment 3.3 Emergency procedures plan 3.4 Demonstrate appropriate skills in outdoor activities <p>HOW THIS WILL BE ASSESSED: Practically assessed marked against criteria set by exam board and written piece of coursework.</p>	<p>HALF TERM 6: Unit R187: Increasing awareness of Outdoor and Adventurous Activities</p> <p>Topic Area 4: Evaluate participation in an outdoor and adventurous activity</p> <p>STUDENTS MUST KNOW:</p> <ol style="list-style-type: none"> 4.1 Evaluate participation of outdoor activity 4.2 Evaluate the value of participating in outdoor activities <p>HOW THIS WILL BE ASSESSED: Written piece of coursework.</p>



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<p>HALF TERM 1: Unit R184: Contemporary issues in sport</p> <p>Topic Area 1: Issues which affect participation in sport</p> <p>STUDENTS MUST KNOW:</p> <ul style="list-style-type: none"> 1.1 User groups 1.2 Possible barriers 1.3 Possible barrier solutions 1.4 Factors which can positively and negatively impact upon the popularity of sport in the UK 1.5 Emerging/new sports in the UK <p>HOW THIS WILL BE ASSESSED: Knowledge recall in starters and plenaries. End of unit assessment (exam board questions & mark scheme) Homework tasks.</p>	<p>HALF TERM 2: Unit R184: Contemporary issues in sport</p> <p>Topic Area 2: The role of sport in promoting values</p> <p>STUDENTS MUST KNOW:</p> <ul style="list-style-type: none"> 2.1 Sport values 2.2 The Olympic and Paralympic movement 2.3 Sporting values initiative and campaigns 2.4 The importance of etiquette AND sporting behaviour 2.5 The use of Performance Enhancing Drugs (PEDs) in sport <p>HOW THIS WILL BE ASSESSED: Knowledge recall in starters and plenaries. End of unit assessment (exam board questions & mark scheme) Homework tasks.</p>	<p>HALF TERM 3: Unit R184: Contemporary issues in sport</p> <p>Topic Area 3: The implications of hosting a major sporting event for a city or country Topic Area 4: The role National Governing Bodies (NGBs) play in the development of their sport</p> <p>STUDENTS MUST KNOW:</p> <ul style="list-style-type: none"> 3.1 The features of a major sporting event 3.2 Positive and negative pre-event aspects of hosting a major sporting event 3.3 Potential positive and negative aspects of hosting a major sporting event 4.1 National Governing Bodies (NGBs) <p>HOW THIS WILL BE ASSESSED: Knowledge recall in starters and plenaries. End of unit assessment (exam board questions & mark scheme) Homework tasks.</p>
<p>HALF TERM 4: Unit R184: Contemporary issues in sport</p> <p>Topic Area 5: The use of technology in sport</p> <p>STUDENTS MUST KNOW:</p> <ul style="list-style-type: none"> 5.1 The role of technology in sport 5.2 Positive and negative effects of the use of technology in sport <p>HOW THIS WILL BE ASSESSED: Knowledge recall in starters and plenaries. End of unit assessment (exam board questions & mark scheme) Homework tasks.</p>	<p>Exam Prep</p>	<p>Exams</p>
<p>Home learning set will consist of a combination of: Embedding this knowledge can be supported at home by reviewing class notes, reading revision guide, completing set independent study tasks, watching and participating in sporting activities and understanding current issues in the sporting world.</p>		