

Year 10	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Topics Studied for OCR Cambridge National Sports Studies	Unit R185 Performance and leadership in sport activities. Learners will develop their knowledge of the key components of good performances. They will develop an understanding of how to apply practice methods to support improvement in a sporting activity. Learners will develop their practical performance in an individual and team activity.	Unit R185 Performance and leadership in sport activities. Learners continue with the unit from Autumn 1 whilst selecting two specific skills to improve their performance in. Learners will be assessed in their practical performance in an individual and team activity.	Unit R185 Performance and leadership in sport activities. Learners will develop their ability to organise and plan a sports activity session and will: <ul style="list-style-type: none"> o Review their own performance in planning and leading a sports activity session. 	Unit R185 Performance and leadership in sport activities. Learners continue with the skills within Spring 1 whilst they have the opportunity to amend and make improvements on their assignments before their work is finally submitted.	Unit R185 Performance and leadership in sport activities. Learners make final improvements to their assignments. Students begin Unit R187: Increasing their awareness of Outdoor and Adventurous Activities Learners will develop their understanding of the provision for OAA and the NGB for OAA.	Unit R187 Learners continue with Summer 1's learning whilst studying: <ul style="list-style-type: none"> o Equipment, clothing and safety aspects of participating in outdoor and adventurous activities o Plan for and be able to participate in an outdoor and adventurous activity o Evaluate participation in an outdoor and adventurous activity
Skills and Key Knowledge Taught	Learners will develop a knowledge and understanding of the key components of a good performance. They will develop their knowledge and understanding of skills and techniques, tactics and strategies and compositional ideas. Learners will develop their understanding of how to complete an audit of their current strengths and	Learners will develop their knowledge and understanding of <ul style="list-style-type: none"> -Different types of practices and progressive drills -Altering the context of performance Measuring improvement in performance To include aspects such as: <ul style="list-style-type: none"> •Progressive practices/drills - that show a clear increase in difficulty, dependent on the ability of the 	Learners will develop their knowledge of and ability to organise and plan a sports activity session Learners will develop their understanding of: <ol style="list-style-type: none"> 1: Appropriate venue: Location, Size and Weather 2: Equipment: Type Amount required 3: Timing: Appropriate 4: Supervision: Allowing for progression Number of participants	Learners will develop their ability to lead a sports activity session considering Safe practice, Timing, Adaptability and Reliability. Learners will lead a sports activity session that demonstrates-specific details such as Leadership style, Adaptability, Communication,	Redraft and final submission of work for R185 Learners will Increase their awareness of Outdoor and Adventurous Activities Learners will develop their knowledge and understanding of The provision available for outdoor and adventurous activities both locally and nationally They will reference the National Governing	Learners will continue to develop their knowledge of a National Governing Body (NGB) for additional information on the approved activity areas, as listed on the approved activities list and below: <ul style="list-style-type: none"> <input type="checkbox"/> Water sports <input type="checkbox"/> Trekking <input type="checkbox"/> Camping <input type="checkbox"/> Climbing <input type="checkbox"/> Caving <input type="checkbox"/> Cycling <input type="checkbox"/> Snow sports

	<p>weaknesses in their performance of an individual activity/ game activity or one of each.</p> <p>Specification</p> <p>Home Learning:</p> <p>1.1 Different user groups in sport</p> <p>1.2 Possible barriers</p> <p>1.3 Solutions to participation in sport</p> <p>Sport England and campaigns research</p> <p>1.4 Factors that affect the popularity of sport</p> <p>1.5 Emerging sports</p> <p>Office form on LO1</p>	<p>performer. This could be starting at a basic level, such as a static passing drill between two players in netball, followed by passing on the move and then introducing a defender</p> <ul style="list-style-type: none"> • Different types of practice - depending on the level of the performer or the chosen activity, which could be fixed, variable, whole or part practice • Altering the context – could be by playing with more or against better players <p>They will include aspects such as:</p> <p>Video analysis - to identify weaknesses and how performance can be improved</p> <ul style="list-style-type: none"> • Other assistive technology - to improve performance, such as quantitative activity trackers • Monitoring competition results - over a period • Tools selected will be dependent on the chosen activity and the ability level of the performer <p>Home learning:</p> <p>2: The role of sport promoting values</p> <p>2.2.1 Olympic values</p> <p>2.2.1 Paralympic values</p>	<p>Size of groups</p> <p>Contingency plan</p> <p>Safety considerations when planning a sports activity session</p> <p>Risk assessment and corrective action:</p> <ul style="list-style-type: none"> □ Activity-specific risks <p>Checking of equipment.</p> <p>Basic first aid and child protection.</p> <p>Emergency procedures</p> <p>Learners will know what to do in the event of an accident or other emergency, summoning qualified help.</p> <p>Learners will develop their ability to write objectives to meet the needs of the group.</p> <p>Learners will know how to write Introduction and conclusion. Lead basic warmups and cool downs and be able to teach Skills and technique development.</p> <p>Home Learning:</p> <p>2.4.2 The importance of sporting behaviour and etiquette</p> <p>2.5. The use of performance enhancing drugs</p> <p>2.5.2 The reasons why performers should not take PEDS</p> <p>2.5.3 The role of WADA-Anti doping agency</p> <p>2.5.4 WADA'S whereabouts rule</p>	<p>Positioning, Enthusiasm for the activity and motivation of the group, confidence and creativity.</p> <p>Learners will review their leadership of a sports activity session by reviewing the positives and negatives of plans.</p> <p>Learners will be given the opportunity to develop leadership skills for the future.</p> <p>Home learning</p> <p>Topic Area 3</p> <p>3.1 The features of hosting a major sporting event for a city or country</p> <p>3: The features of a major sporting event</p> <p>3.2 Positive effects and negative pre-event aspects of hosting a major sporting event</p> <p>3.3 Potential positive and negative aspects of hosting a major sporting event</p> <p>3.3.2 Immediate and longer-term post event</p>	<p>Body (NGB) for additional information on the approved activity areas, as listed on the approved activities list and below:</p> <ul style="list-style-type: none"> □ Water sports □ Trekking □ Camping □ Climbing □ Caving □ Cycling □ Snow sports □ Gliding □ Other land-based activities <p>They will research Outdoor activity organisations (including NGBs) □ National Sports Centres □ Voluntary Organisations □ Local Providers</p> <p>Home learning:</p> <p>Topic Area 4</p> <p>The role of National Governing Bodies</p> <p>Promotion</p> <p>Development</p> <p>Organise competitions and tournaments</p> <p>Rules</p> <p>Safety</p> <p>Support and technical advice</p> <p>Policies and initiatives</p> <p>Lobby for funding</p> <p>Advice on funding</p>	<ul style="list-style-type: none"> □ Gliding □ Other land-based activities <p>They will research Outdoor activity organisations (including NGBs) □ National Sports Centres □ Voluntary Organisations □ Local Providers</p> <p>Learners will go on a residential trip and acquire knowledge on the types of equipment to be used for participation.</p> <p>Learners will demonstrate the appropriate skills in outdoor activities</p> <p>Learners during this module will practise putting up tents, orienteering and rock climbing. They will then go on a residential trip and put these skills into practice.</p> <p>Home learning:</p> <p>Technology in sport</p> <p>The role of technology in sport</p> <p>Analysis, rehabilitation, recovery, accessibility</p> <p>5.1.2 To increase the safety of participants</p>
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		2.3 sporting values and initiatives 2.4 importance of sporting behaviour Office form	and testing 2.5.5 Education strategies to prevent the use of PEDS 2.5.6 Impact of the use of PEDS on the sport			
Links for Support/ Help at Home	<p>Use of student resources located within WHS SharePoint for students</p> <p>Use of Teams that will contain revision videos</p> <p>Use of additional homework booklets, therapy work packs and/or additional resources from the class teacher via Synergy</p> <p>Wider reading: blogs and online articles/further reading on topics and studies outlined</p> <p>Teacher discussions following assessments and/or reports</p> <p>Participation in enrichment activities alongside coaching opportunities within KS3 PE and after school fixtures</p> <p>Participation in extra-curricular teams within school and outside of school</p> <p>Encourage the participation in enrichment and revision workshops</p> <p>Specification link</p> <p>Encourage learners to complete home learning tasks.</p>					

Year 11	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Topics Studied for OCR Cambridge National Sports Studies	Unit R187: Increasing awareness of Outdoor and Adventurous Activities	Unit R187: Increasing awareness of Outdoor and Adventurous Activities	Unit R184: Contemporary issues in sport -Issues which affect participation in sport -The role of sport in promoting values	Unit R184: Contemporary issues in sport -The implications of hosting a major sporting event for a city or country -The role National Governing Bodies (NGBs) play in the development of their sport -The use of technology in sport.	Unit R184: Contemporary issues in sport Revision and assessment of Spring Term. All coursework will be submitted.	Learners will sit their exam in contemporary issues. All coursework will be submitted.

<p>Skills and Key Knowledge Taught</p>	<p>Learners will develop their understanding of: Types of technology that can enhance participation or safety Different categories of technology include: GPS and signalling devices Light weight equipment and clothing Waterproof technology The role of technology in terms of: □Access and transportation □ Comfort □Safety □Communication □Information Types of terrain and environment The different types of terrain/man-made environments. Learners will be able to plan for and be able to participate in an outdoor and adventurous activity Learners will consider Health and Safety Personnel, Licensing, Supplies, Location, Timing of activity,</p>	<p>Learners will develop their understanding of: Topic Area 4: Evaluate participation in an outdoor and adventurous activity 4.1.1 How to evaluate the completed activity in terms of: □What aspects went well □ What aspects could be improved 4.2 Evaluate the value of participating in outdoor activities Mental benefits Physical benefits Social benefits <u>Submit both pieces of coursework in the January submission</u> Learners will begin to prepare for their exam in Sport studies: <u>Unit R184:</u> Contemporary issues in sport 1.1.1 Different user groups who participate in sport 2.1 Possible barriers which affect participation in sport 1.3.1 Possible solutions to the barriers which affect participation in sport</p>	<p>Learners will develop their understanding of: 1.5.1 The growth of emerging/new sports in the UK. 2.1.1 Values which can be promoted through sport. 2.2.1 Olympic and Paralympic 2.4.1 The importance of etiquette AND sporting behaviour of performers 2.4.2 The importance of etiquette AND sporting behaviour of spectators. Home learning Full past papers</p>	<p>Learners will develop their understanding of: 2.5.1 The reasons why sports performers use PEDs 2.5.2 The reasons why performers should not use PEDs 2.5.3 The role of WADA (World Anti-Doping Agency) in eradicating the use of PEDs: □ WADA’s Whereabouts Rule □WADA testing methods 2.5.4 Sanctions to prevent the use of PEDs 2.5.5 Educational strategies to prevent the use of PEDs 2.5.6 Impact of the use of PEDs on the sport Topic Area 3: The implications of hosting a major sporting event for a city or country 3.1.1 The types and scheduling of major sporting events 3.1.2 The nature of the participants and spectators 3.2.1 Positive and negative pre-event aspects of hosting a major sporting event</p>	<p>Learners will develop their understanding of: Topic Area 4: The role National Governing Bodies (NGBs) play in the development of their sport 4.1.1 What NGBs do for their sport: □Promote participation Develop the sports coaching and officiating infrastructure Topic Area 5: The use of technology in sport 5.1.1 To enhance performance 5.1.2 To increase the safety of participants 5.1.3 To increase fair play and increase the accuracy of officiating 5.1.4 To enhance spectatorship 5.2.2 Negative: □ Unequal access to the same quality of technology 5.2.3 Positive and negative effects of technology on the</p>	<p>Revision of all topic areas based on bespoke needs. Learners will revise the topics from the Unit R184 and then sit their exam</p>
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	Shelter, Contingency plan 3.2 Outdoor activity risk assessment 3.3.1 Emergency procedure plan to include: First aid and Rescue Home learning LO1 and LO2 Past papers	4.1 Positive and negative impacts on the popularity of sport in the UK. Home Learning LO3 and LO4 past papers		3.3.2 Immediate and longer-term post-event Home learning: Bespoke past papers and targeted revision	spectator experience Home learning: Bespoke past papers and targeted revision	
Links for Support/ Help at Home	Use of student resources located within WHS SharePoint for students Learner revision videos will be set on teams Use of additional homework booklets, therapy work packs and/or additional resources from the class teacher via Synergy Wider reading: blogs and online articles/further reading on topics and studies outlined Teacher discussions following assessments and/or reports Participation in enrichment activities alongside coaching opportunities within KS3 PE and after school fixtures Participation in extra-curricular teams within school and outside of school Encourage the participation in enrichment and revision workshops					

Outgoing Year 11 cohort for 2022-23 only

Year 11	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Topics Studied for OCR Cambridge National Sports Studies	<u>Old specification</u> R056: Developing. Knowledge and skills in outdoor activities Understand the value of participating in outdoor activities R056 LO3 Be able to plan an outdoor activity	R056 LO3 Be able to plan an outdoor activity Learners will be given the opportunity to improve their assignment before it is submitted	Learners will be the opportunity to resubmit R052: Developing sport skills	Improvements Learners will be given the opportunity to re-sit their contemporary issues exam Assessment Revision. Class teacher to tailor to suit the needs of the class	Improvements Learners will be given the opportunity to re-sit their contemporary issues exam Assessment Revision. Class teacher to tailor to suit the needs of the class	End point

<p>Skills and Key Knowledge Taught</p>	<p>R056: Developing Knowledge and skills in outdoor activities LO1 Developing. Knowledge and skills in outdoor activities the definition of an outdoor activity R056 LO4 Be able to demonstrate knowledge and skills during outdoor activities R056 LO3 Be able to plan an outdoor activity</p> <p>Home Learning Will be linked to researching OAA.</p>	<p>R056 LO3-Learners will be able to plan an outdoor activity - key considerations to make when planning an outdoor activity - hazards to be aware of when planning outdoor activities</p> <p>Chance to make improvements <u>Final submission of R056</u></p> <p>Home Learning Will be linked to researching OAA</p>	<p>Learners will be given the opportunity to improve R052 developing skills LO4: Apply practice methods to support improvement in a sporting activity. How to identify areas of improvement in their own performance in a sporting activity, what are the key skills in the activity? Which key skills are strengths? Which key skills are weaknesses? Types of skills, i.e. simple skill complex skill, open skill and closed skill</p> <p>Home Learning Flipped learning tasks will be set on LO1-Understand the issues which affect participation in sport LO2-Know about the role of sport in promoting values LO3-Understand the importance of hosting major sporting events LO4-Know about the role of national governing bodies in sport</p>	<p>Learners will be given their current grade and then work on improving their coursework to try and improve their grade. Learners that are resitting their exam will prepare for it. The exam by revising the following topics R051: Contemporary issues LO1-Understand the issues which affect participation in sport LO2-Know about the role of sport in promoting values LO3-Understand the importance of hosting major sporting events LO4-Know about the role of national governing bodies in sport</p> <p>Home Learning Bespoke and targeted revision tasks will be set on areas of weakness.</p>	<p>Learners will be given their current grade and then work on improving their coursework to try and improve their grade. Learners that are resitting their exam will prepare for it. The exam by revising the following topics R051: Contemporary issues LO1-Understand the issues which affect participation in sport LO2-Know about the role of sport in promoting values LO3-Understand the importance of hosting major sporting events LO4-Know about the role of national governing bodies in sport</p> <p>Learners can re-sit their exam</p>	
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Links for Support/ Help at Home	Use of student resources located within WHS SharePoint for students Use of teams to access revision of key content Use of additional homework booklets, therapy work packs and/or additional resources from the class teacher via Synergy Wider reading: blogs and online articles/further reading on topics and studies outlined Teacher discussions following assessments and/or reports Participation in enrichment activities alongside coaching opportunities within KS3 PE and after school fixtures Participation in extra-curricular teams within school and outside of school Encourage the participation in enrichment and revision workshops
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