



Bishop Milner Catholic College Year 10 CURRICULUM PLAN for SPORTS STUDIES (PE)



The curriculum for this stage of students' education has been designed to help learners begin to understand the different ways in which you can become involved in sport and how these different roles provide people with a range of transferable skills. Through participation in a range of different sports and undertaking the role of an official in different sports, students will develop these transferable skills and become more aware of which roles best suit them in the sports industry. The curriculum for the second part of the year has been designed to give learners the opportunity to experience, first hand, the knowledge, understanding and practical skills required to be an effective leader in sport. Learners will be encouraged to focus on how to organise and plan a sports session taking into consideration safety and objectives of the session in the delivery of their own sporting activity sessions.

<p>HT1: Unit R185: Performance & Leadership in sports activities Topic Area 1&2</p> <p style="text-align: center;">Performance in 2 selected activities</p> <p>STUDENTS MUST KNOW: Topic Area 1: Key components of performance</p> <ul style="list-style-type: none"> • Skills and techniques required to demonstrate as an individual performer. • Skills and techniques required to demonstrate as a team performer. • Decision making during performance • Decision making <p>Topic Area 2: Applying practice methods to support improvement.</p> <ul style="list-style-type: none"> • How to identify strengths and weaknesses in performance – skills & techniques, tactics, compositional ideas. • Methods to improve weaknesses in performance -different types of practices and drills. • How to measure improvement in performance – use of tools to aid evaluation. <p>HOW THIS WILL BE ASSESSED:</p> <ul style="list-style-type: none"> • Practical assessment against marking criteria set by exam board. • Written piece of coursework – analysis of performance 	<p>HT2: Unit R185: Performance & Leadership in sports activities Topic Area 3: Organising & planning a sports activity session</p> <p>STUDENTS MUST KNOW: Planning/organising:</p> <ul style="list-style-type: none"> • Organisation of sports activity session • Safety considerations • Objectives of session <p>HOW THIS WILL BE ASSESSED:</p> <ul style="list-style-type: none"> • Written assignment - Session Plan & Risk assessment 	<p>HT3: Unit R185: Performance & Leadership in sports activities Topic Area 4&5 STUDENTS MUST KNOW: Topic Area 4: Leading sports activity session Leading:</p> <ul style="list-style-type: none"> • Organisation of sports activity session in practical setting • Leading of sports activity session <p>Topic Area 4: & reviewing planning and leadership.</p> <ul style="list-style-type: none"> • Reviewing planning • Review Leading • Improvements to be made • Opportunities to develop leadership skills for the future. <p>HOW THIS WILL BE ASSESSED:</p> <ul style="list-style-type: none"> • Practical assessment of leadership • Written assignment
<p>HT4: Unit R187 Increasing awareness of outdoor and adventurous activities Topic Area 1&2</p> <p>STUDENTS MUST KNOW: Topic Area 1: Provision for different types of outdoor activities in the UK.</p> <ul style="list-style-type: none"> • Provision available both locally and nationally • NGB's for activities on approved list • Outdoor activity organisations including NGBs <p>Topic Area 2: Equipment, clothing & safety aspects of participating in outdoor activities.</p> <ul style="list-style-type: none"> • Types of equipment • Types of clothing • Types of technology that can enhance participation & safety • The role of technology • Types of terrain and environment <p>HOW THIS WILL BE ASSESSED: Written assignment</p>	<p>HT5: Unit R187 Increasing awareness of outdoor and adventurous activities Topic Area 3</p> <p>STUDENTS MUST KNOW: Topic Area 3: Plan for and be able to participate in outdoor & adventurous activities.</p> <ul style="list-style-type: none"> • Key considerations when planning outdoor activity. • Outdoor activity risk assessment. • Emergency procedures plan. • Demonstrate appropriate skills in outdoor activities. <p>HOW THIS WILL BE ASSESSED: Written assignment: Session plan and risk assessment.</p>	<p>HT6: Unit R187 Increasing awareness of outdoor and adventurous activities Topic Area 4</p> <p>STUDENTS MUST KNOW: Topic Area 4: Evaluate participation in an outdoor & adventurous activity</p> <ul style="list-style-type: none"> • How to evaluate the completed activity • Evaluate the values of participating in the outdoor activities. <p>HOW THIS WILL BE ASSESSED: Written assignment</p>



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	Practical assessment undertaking outdoor activity.	
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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 – understanding current issues in the sporting world