

Overview

Year 11 Sports studies:

These units usually involve meticulous planning and preparation, delivering and reviewing of safe and effective activities. Enabling participants to develop skills that are useful and transferable in everyday life. Requiring individuals to work collaboratively and develop their problem-solving and communication skills as an individual and in groups.

Term by term

Term	Focus	Assessment
1	<p>R053 L01-Know the personal qualities, styles, roles, and responsibilities associated with effective sports leadership. Develop knowledge on different leadership roles, personal qualities, and the different leadership styles: - democratic, autocratic, laissez-faire.</p> <p>R053- L02 Be able to plan sports activity sessions- Practical/theory- Know the key objectives for the session, equipment requirements, timings, organisation, safety considerations, risk assessments.</p>	<p>R053- assessment of the following:- L01- student presentation- L02- Lesson plan and risk assessment-coursework) L03- Delivery assessment (teacher graded) L04- Evaluation coursework submission</p> <p>R056- L01- information sheet coursework submission L02- Poster format coursework submission L03- Coursework submission Lesson plan and risk assessment L04- Practical sessions teacher graded</p>
2	<p>R053- L03- Be able to deliver sports activity session- Practical Will deliver their planned sports activity showing understanding of the learnt content from L02 Term 1. Demonstrate communication skills such as: -verbal, nonverbal, technical terms and focus on delivery style, encouragement.</p> <p>R053- L04- Be able to evaluate own performance in delivering a sports activity session Will effectively evaluate What went well? What did not go well, and what can be improved for the future?</p>	
3	<p>R056- L01 Know about different types of outdoor activities and their provision Gain knowledge and understanding of the definition of outdoor activities, the different outdoor activities and their provision in the UK.</p> <p>L02- Understand the value of participating in outdoor activities Develop knowledge of the benefits of participating in outdoor activities such as increased confidence, enjoyment. Recognise how participating in outdoor activities can develop skills such as social skills team building skills.</p>	
4	<p>L03- Be able to plan an outdoor activity. Will be taught how to effectively plan an outdoor activity considering health and safety, supplies, location, clothing and equipment, emergency procedures, hazards, necessary risk assessments</p> <p>L04- Be able to demonstrate knowledge and skills during outdoor activities- Practical Can demonstrate whilst participating in Outdoor sport, care and use of equipment, safe practice, communication skills, decision making skills, problem solving and team working skills.</p>	
5	Coursework improvement time before final submission	

Homework

- Homework set once a week
- Research tasks, worksheets, practice exam questions, knowledge organisers, presentations
- Take part in school sports competitively
- Join clubs in the community and/or use local facilities
- Watch live and recorded matches, to appreciate high-quality performance
- Keeping up to date with sporting news BBC sports app, Sky sport app

Useful Resources

<https://www.ocr.org.uk/qualifications/cambridge-nationals/sport-studies-level-1-2-j803-j813>
www.skysports.com
www.bbc.com/sport

Who to Contact

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