

St Thomas More RC College



Long-Term Plan

		Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
Year 10 Sport	Topics to be covered:	<p>Module 1 R051 Contemporary Issues in Sport</p> <p>LO1 Different user groups in sporting participation Barriers to groups whom participate Solutions to barriers for user groups in sports Factors that impact on the popularity of sport Current trends in the popularity of sports Growth of new/emerging sports activities in UK</p> <p>LO2 Values that promote sport The Olympic and Paralympic movements Initiatives and events which promotes values through sport</p>	<p>Module 1R051 Contemporary Issues in Sport</p> <p>LO3 The features of major sporting events Potential benefits and drawbacks of cities/countries hosting major sporting events Links between potential benefits and drawbacks and legacy</p> <p>LO4 What governing bodies in sport do Revise for exam</p>	<p>Module 1 Exam Jan Contemporary Issues in Sport</p> <p>Module 2 Developing sport skills R052</p> <p>LO1 The key components of performance for a team performer in a sporting activity</p> <p>LO2 The key components of performance for a team performer in a sporting activity</p>	<p>Module 2 Developing sport skills R052</p> <p>LO3 Apply rules and regulations relevant to the activity Importance of consistency (applying rules) Importance of accuracy (applying rules) The use of signals Communicative decisions Positional view</p> <p>LO4 How to identify areas for improvement in own performance Types of skills Types of practice</p>	<p>Module 3 Leadership R053</p> <p>LO1 The different leadership roles and responsibilities Role related responsibilities Personal qualities which relate to leadership roles Leadership styles</p>	<p>Module 3 Leadership R053</p> <p>LO2 Key considerations when planning sports activity sessions Safety considerations when planning sports activity sessions</p>

		Etiquette and sporting behaviour of performers/spectators			Methods to improve own performance Measure improvements, techniques and strategies developed.		
	Skills to be developed:	Learners will need to develop knowledge and understanding of the above topics and develop exam technique for January exam	Learners will need to develop knowledge and understanding of the above topics and develop exam technique for January exam	Learners will need to understand the above topics and develop that understanding into both a practical assessment and written pieces of coursework	Learners will need to understand the above topics and develop that understanding into both a practical assessment and written pieces of coursework	Learners will need to understand the above topics and develop that understanding into both a practical assessment and written pieces of coursework	Learners will need to understand the above topics and develop that understanding into both a practical assessment and written pieces of coursework
	Key assessments taking place:	12 mini test will take place following the learning of each topic.	12 mini test will take place following the learning of each topic.	Practical assessment will be formative as the programme of study develops with 4 pieces of summative assessment taking place both written and practical.	Practical assessment will be formative as the programme of study develops with 4 pieces of summative assessment taking place both written and practical.	Practical assessment will be formative as the programme of study develops with 4 pieces of summative assessment taking place both written and practical.	Practical assessment will be formative as the programme of study develops with 4 pieces of summative assessment taking place both written and practical.

Key vocab	<p>Team spirit Fair play Citizenship Tolerance Respect Inclusion National Pride Olympic creed- symbol-values Ethics WADA DCO Gamesmanship Sportsmanship Etiquette Barriers User groups Ethnic Minorities Economically Disadvantaged Access Provision</p>	<p>Annually Biennially Regular Recurring Sponsors Legacy Social Development Tourism Sports Council Promotion Participation Media Pathways Vision Anti- doping Safeguarding Lobbying</p>	<p>Skills techniques tactics strategies composition Optimum arousal Mental rehearsal Creativity Reaction time Decision making</p>			
<p>Opportunities for retrieval practice: Retrieval practice will take place intermittently following each topic in Unit RO51. Units RO52, RO53 and RO56 are practical and coursework based</p>						

Long-Term Plan

		Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
Year 11 Sport	Topics to be covered:	<p>Module 3 Leadership R053 LO3</p> <p>Safety practice Delivery style Communication skills Motivation techniques Activity-specific knowledge Adaptability</p>	<p>Module 3 Leadership R053 LO4</p> <p>Aspects to consider in evaluating planning and delivery of a sports activity session, including what went well, what did not go well and what could be improved</p>	<p>Module 4 Developing knowledge and skills in outdoor activities R056 LO1</p> <p>The definition of an outdoor activity Provision of outdoor activities Examples of outdoor activities</p>	<p>LO2</p> <p>The general benefits of participating in outdoor activities How participating in outdoor activities can help skill development</p> <p>LO3</p> <p>The key considerations to make when planning an outdoor activity Hazards to be aware of when planning outdoor activities</p> <p>LO4</p> <p>Care and use of equipment Safe practice Communication skills Team working skills Decision making skills</p>	<p>Module 1 Exam May Contemporary Issues in Sport</p>	

					Problem solving skills		
	Skills to be developed:	Learners will need to develop knowledge and understanding of the above topics and develop exam technique for January exam	Learners will need to develop knowledge and understanding of the above topics and develop exam technique for January exam	Learners will need to understand the above topics and develop that understanding into both a practical assessment and written pieces of coursework	Learners will need to understand the above topics and develop that understanding into both a practical assessment and written pieces of coursework	Exam technique	
	Key assessments taking place:	Practical assessment will be formative as the programme of study develops with 4 pieces of summative assessment taking place both written and practical	Practical assessment will be formative as the programme of study develops with 4 pieces of summative assessment taking place both written and practical	Practical assessment will be formative as the programme of study develops with 4 pieces of summative assessment taking place both written and practical.	Practical assessment will be formative as the programme of study develops with 4 pieces of summative assessment taking place both written and practical.	Past papers	
	Key vocab	Proactive Reactive Demonstrations Extrinsic Motivators Tangible Intangible	Ambitious Performance indicators Success criterion	Canoeing Kayaking Sailing Windsurfing Trekking Hill walking Orienteering	SKILLS - Social Team building Decision making Planning	Identify Suggest Describe Using examples	

				Mountaineering Belay Pitch Abseiling Caving Potholing Mine exploration Mountain biking	Organisational Problem-solving Communication Confidence Challenge Motivation Environmental awareness National Parks National Sport Centres	Explain	
<p>Opportunities for retrieval practice: Retrieval practice will take place intermittently following each topic in Unit RO51. Units RO52, RO53 and RO56 are practical and coursework based.</p>							