



Sports Studies Key Stage 4 Curriculum Overview

Y10		Sports Studies				
	← Week 1					Week 39 →
Unit	R185 Performance and Leadership in sports activities	R185 Performance and Leadership in sports activities	R185 Performance and Leadership in sports activities	R184 Contemporary issues in sport R185 Performance and Leadership in sports activities	R184 Contemporary issues in sport R185 Performance and Leadership in sports activities	R184 Contemporary issues in sport R185 Performance and Leadership in sports activities R187 – Increasing awareness of Outdoor Adventure Activities
Key content (Know that... Know how...)	R185: Key components of performance in <u>Football and Volleyball</u> . Including full range of core and advanced skills. R185: Organising and planning a sports activity session.	R185: Key components of performance in <u>Rugby and Badminton</u> . Including full range of core and advanced skills. R185: Organising and planning a sports activity session.	R185: Key components of performance in <u>Handball and Table tennis</u> . Including full range of core and advanced skills. R185: Applying practice methods to support improvement in a sporting activity.	R184: Issues which affect participation in sport. R185: Key components of performance in <u>Trampolining and Basketball</u> . Including full range of core and advanced skills. R185: Applying practice methods to support improvement in a sporting activity.	R184: The role of sport in promoting values. R185: Leading a sports activity session.	R184: The implications of hosting a major sporting event for a city or country. R185: Key components of performance in <u>Athletics and Striking and fielding</u> . Including full range of core and advanced skills. R185: Evaluating a sports activity session. R187: Plan for and be able to participate in an outdoor and adventurous activity. R187: Evaluate participation in an outdoor and adventurous activity
Prior Knowledge	R185: The ability to recall and perform a range of core and advanced skills from football and Volleyball.	R185: The ability to recall and perform a range of core and advanced skills from Rugby and Badminton.	R185: The ability to recall and perform a range of core and advanced skills from Handball and Table Tennis. R185: Understanding of progressive practices from HT1 and HT2. To self-evaluate students will need to recall knowledge of how to perform movements for their chosen sport, as learnt in KS3, and then evaluate the effectiveness of this.	R185: The ability to recall and perform a range of core and advanced skills from Trampolining and Basketball. R185: Understanding of progressive practices from HT1 and HT2. To self-evaluate students will need to recall knowledge of how to perform movements for their chosen sport, as learnt in KS3, and then evaluate the effectiveness of this.	R184: Recall knowledge on Topic Area 1 from last half term. Apply knowledge to build understanding of unit. R185: The ability to recall and perform a range of core and advanced skills from Sport Education including how to design and perform warmups, progressive practices, and adapted games. R185: Understanding of how to structure an effective session plan and the importance of progressive practices from HT1 and HT2.	R184: Recall knowledge on Topic Areas 1 and 2 from previous half terms. Apply knowledge to build understanding of unit. R185: The ability to recall and perform a range of core and advanced skills from Athletics and Striking and fielding. R185: The ability to recall and perform a range of core and advanced skills from Sport Education including how to design and perform warmups, progressive practices, and adapted games. R185: Understanding of how to structure an effective session plan and the importance of progressive practices from HT1 and HT2.
Assessment Objectives	R185: Topic Area 1: Key components of performance. Topic Area 3: Organising and planning a sports activity session.	R185: Topic Area 1: Key components of performance. Topic Area 3: Organising and planning a sports activity session.	R185: Topic Area 1: Key components of performance. Topic Area 2: Applying practice methods to support improvement in a sporting activity.	R184 Topic Area 1: Issues which affect participation in sport. R185: Topic Area 1: Key components of performance. Topic Area 2: Applying practice methods to support improvement in a sporting activity.	R184 Topic Area 2: The role of sport in promoting values. R185 Topic Area 4: Leading a sports activity session.	R184 Topic Area 3: The implications of hosting a major sporting event for a city or country. R185 Topic Area 1: Key components of performance R185 Topic Area 5: Reviewing your own performance in planning and leading of a sports activity session. R187 Topic Area 3: Plan for and be able to participate in an outdoor and adventurous activity.

						R187 Topic Area 4: Evaluate participation. in an outdoor and adventurous activity.
Assessments	R185 – Practical assessment ongoing over a range of individual and team sports. Students are scored out of 15 for individual and 15 for team performances.	R185 – Practical assessment ongoing over a range of individual and team sports. Students are scored out of 15 for individual and 15 for team performances.	R185 – Practical assessment ongoing over a range of individual and team sports. Students are scored out of 15 for individual and 15 for team performances.	R185 – Practical assessment ongoing over a range of individual and team sports. Students are scored out of 15 for individual and 15 for team performances.	R185 – Practical assessment ongoing over a range of individual and team sports. Students are scored out of 15 for individual and 15 for team performances.	R185 – Practical assessment ongoing over a range of individual and team sports. Students are scored out of 15 for individual and 15 for team performances. R187: NEA Assessment (submit for moderation).

Y11		Sports Studies			
Week1 ←		→ Week 39			
Unit	R184 Contemporary issues in sport R185 Performance and Leadership in sports activities R187 – Increasing awareness of Outdoor Adventure Activities	R184 Contemporary issues in sport R185 Performance and Leadership in sports activities R187 – Increasing awareness of Outdoor Adventure Activities	R184 Contemporary issues in sport R185 Performance and Leadership in sports activities	R184 Contemporary issues in sport R185 Performance and Leadership in sports activities	R184 Contemporary issues in sport R185 Performance and Leadership in sports activities
Key content (Know that... Know how...)	R184: The role National Governing Bodies (NGBs) play in the development of their sport. R185: Key components of performance. Including full range of core and advanced skills. R187: Provision for different types of outdoor and adventurous activities in the UK.	R184: The use of technology in sport R185: Key components of performance. Including full range of core and advanced skills. R187: Equipment, clothing, and safety aspects of participating in outdoor and adventurous activities.	R184: Revision of TA1-5 Internal examination Recap and implement the below skills across all topics. Consolidate subject knowledge across all topics. Apply knowledge to exam questions. Exam technique. R185: Key components of performance. Including full range of core and advanced skills.	R184: Revision of TA1-5 Internal examination Recap and implement the below skills across all topics. Consolidate subject knowledge across all topics. Apply knowledge to exam questions. Exam technique. R185: Key components of performance. Including full range of core and advanced skills.	R184: Revision of TA1-5 Internal examination. Recap and implement the below skills across all topics. Consolidate subject knowledge across all topics. Apply knowledge to exam questions. Exam technique. R185: Key components of performance. Including full range of core and advanced skills.
Prior Knowledge	R184: Recall knowledge on Topic Areas 1, 2 and 3 from year 10. Apply knowledge to build understanding of unit. R185: The ability to recall and perform a range of core and advanced skills from chosen sport. R187: Different types of outdoor activities experienced in Y10.	R184: Recall knowledge on Topic Areas 1, 2, 3 and 4. Apply knowledge to build understanding of unit. R185: The ability to recall and perform a range of core and advanced skills from chosen sport. R187: Different types of outdoor activities experienced in Y10.	R184: Recall knowledge gained through the course on all 5 topic areas. R185: The ability to recall and perform a range of core and advanced skills from chosen sport.	R184: Recall knowledge gained through the course on all 5 topic areas. R185: The ability to recall and perform a range of core and advanced skills from chosen sport.	R184: Recall knowledge gained through the course on all 5 topic areas. R185: The ability to recall and perform a range of core and advanced skills from chosen sport.
Assessment Objectives	R184 Topic Area 4: The role National Governing Bodies (NGBs) play in the development of their sport. R185 Topic Area 1: Key components of performance. R187 Topic Area 1: Provision for different types of outdoor and adventurous activities in the UK.	R184 Topic Area 5: The use of technology in sport. R185 Topic Area 1: Key components of performance. R187 Topic Area 2: Equipment, clothing and safety aspects of participating in outdoor and adventurous activities.	R184: Topic Area 1: Issues which affect participation in sport. Topic Area 2: The role of sport in promoting values. 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. Topic Area 5: The use of technology in sport. R185 Topic Area 1: Key components of performance.	R184: Topic Area 1: Issues which affect participation in sport. Topic Area 2: The role of sport in promoting values. 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. Topic Area 5: The use of technology in sport R185 Topic Area 1: Key components of performance.	R184: Topic Area 1: Issues which affect participation in sport. Topic Area 2: The role of sport in promoting values. 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. Topic Area 5: The use of technology in sport R185 Topic Area 1: Key components of performance.
Assessments	R185: Practical assessment ongoing over a range of individual and team sports. Students are scored out of 15 for individual and 15 for team performances. R185 and R187 - NEA Assessment (prepare to resubmit for moderation meeting terminal rule).	R185: Practical assessment ongoing over a range of individual and team sports. Students are scored out of 15 for individual and 15 for team performances. R185 and R187 - NEA Assessment (prepare to resubmit for moderation meeting terminal rule).	R184: External examination (practice sitting, no opportunity for late certification as all moderated units not completed. If you wish to use this for the actual final exam you would have needed to have all NEA moderated either before or in this session) R185: NEA submission. R187: NEA assessment June series preparation.	R185 and R187 - NEA Assessment (prepare to resubmit for moderation meeting terminal rule) R184 practice papers marked with Gap analysis.	R184: Exam R185 and R187: NEA resubmission opportunity if required.