	Year 10 Sport Studies					
	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 2	Summer Term 2
BIG Q Content *(max 5)*	**R185- Performance and Leadership in Sports Activities** **Task 1** **(28 Marks)** ***Practical lessons*** Identifying key components of performance, including areas for development. **What are the key components of sports performance, and which areas can be developed to improve sporting performance?**	**R185- Performance and Leadership in Sports Activities** **Task 2** **(14 Marks)** ***Coursework lessons and practical lessons*** Applying practice methods to support development in a sporting activity. **How can different practice methods be applied to improve performance in a sporting activity?**	**R185- Performance and Leadership in Sports Activities** **Task 3** **(14 Marks)** ***Coursework lessons*** Plan and organise a sports activity session for the sport of your choice. **How do you plan, organise, and deliver a sports activity session for the sport of your choice, considering important factors?**	**R185- Performance and Leadership in Sports Activities** **Task 4** **(14 Marks)** ***Practical lessons*** Lead the sports activity session you have planned to a group of peers. **How do you demonstrate effective leadership when delivering a sports activity session you have planned to a group of peers?**	**R185- Performance and Leadership in Sports Activities** **Task 5** **(10 Marks)** ***Coursework lessons*** Review and analyse your own performance as a coach when planning and leading the sports activity session. **What were your strengths and areas for improvement as a coach during the planning and delivery of the sports activity session?**	**R186- Sport and the Media** **Task 1** **(12 Marks)** ***Coursework lessons*** Media coverage in sport, researching all types of media which is used in sport and covers sport. **What different types of media are used in sports matches, training, and the promotion of sport, and what impact do they have on spectators?**
Vocabulary *(max 10)*	Skills Techniques Creativity Tactics Strategies Compositional ideas Decision making Self-Assessment	Practice Development Performance Skills Tactics Consistency	Venue Equipment Timing Supervision Contingency plan Risk assessment Emergency procedures Hazards First aid Emergency procedures	Progression Safe practice Adaptability Reliability Democratic Autocratic Laissez-faire Communication Confidence Creativity	Development Student progression Safe practice Adaptability Reliability Reflective Communication Confidence Leadership style Preparation	Exposure Coverage Influencers Barriers Solutions Participation Initiatives Initiatives NGB Demographic
Catholic Link	**Human Dignity**.	**The Common Good**	**Participation**	**Solidarity**	**Stewardship**	**Option for the Poor and Vulnerable**
Careers Link	***Potential career opportunities***: PE teacher, Sports coach, Personal trainer, Armed forces, sports industry, public services, , Sports media, Outdoor pursuit leader, sports development officer, Physio, Sports Therapist.	***Potential career opportunities***: PE teacher, Sports coach, Personal trainer, Armed forces, sports industry, public services, , Sports media, Outdoor pursuit leader, Physio.	***Potential career opportunities***: PE teacher, Sports coach, Personal trainer, Armed forces, sports industry, public services, , Outdoor pursuit leader, sports development officer, Physio	***Potential career opportunities***: PE teacher, Sports coach, Personal trainer, Armed forces, sports industry, public services, Outdoor pursuit leader, sports development officer, Physio.	***Potential career opportunities***: PE teacher, Sports coach, Personal trainer, Armed forces, sports industry, public services, , Sports media, Outdoor pursuit leader, Physio.	***Potential career opportunities***: PE teacher, Sports coach, Personal trainer, Armed forces, sports industry, public services, , Sports media, Outdoor leader, Physio.

Ways to enrich the sport studies curriculum at home…*(max 3)*

- Could you watch sports video clips together from the activities delivered on your curriculum for example search on YouTube to watch a basketball match.
- Exercise at home, go for a walk or run in a local park
- If you watch a sports event, think about how they perform effectively, what skills do they use?