

Year 10 CNAT Sport Studies Curriculum Intent 2022-23 (Year 1)

	Autumn Term		Spring Term		Summer Term	
	1	2	1	2	1	2
Unit Title	Unit R185: Performance and leadership in sports activities	Unit R185: Performance and leadership in sports activities	Unit R185: Performance and leadership in sports activities	Unit R185: Performance and leadership in sports activities	Unit R185: Performance and leadership in sports activities	Unit R186: Sport and the media
Key Learning Outcomes	Topic Area 1: Key components of performance	Topic Area 2: Applying practice methods to support improvement in a sporting activity	Topic Area 3: Organising and planning a sports activity session	Topic Area 4: Leading a sports activity session	Topic Area 5: Reviewing your own performance in planning and leading of a sports activity session	Topic Area 1: The different sources of media that cover sport
Assessment	OCR set assignment	OCR set assignment	OCR set assignment	OCR set assignment	OCR set assignment	OCR set assignment
Why this?	Mandatory unit as part of the OCR CNAT Sport Studies 2022 award.	Mandatory unit as part of the OCR CNAT Sport Studies 2022 award.	Mandatory unit as part of the OCR CNAT Sport Studies 2022 award.	Mandatory unit as part of the OCR CNAT Sport Studies 2022 award.	Mandatory unit as part of the OCR CNAT Sport Studies 2022 award.	Optional unit as part of the OCR CNAT Sport Studies 2022 award.
Why now?	Underpins the key concepts.	Underpins the key concepts.	Underpins the key concepts.	Underpins the key concepts.	Underpins the key concepts.	Allows for the teaching of key concepts which will be used for completion of coursework and the following exam at end of year 11.
Skills & Characteristics	Skills Builder key focus: Speaking and listening. Communication Problem Solving Identifying weakness in opposition, devising tactics and strategies. Creativity. Staying positive Aiming High	Skills Builder key focus: Speaking and listening. Communication Problem Solving Identifying weakness in opposition, devising tactics and strategies. Creativity.	Skills Builder key focus: Speaking and listening. Communication Problem Solving Identifying weakness in opposition, devising tactics and strategies.	Skills Builder key focus: Speaking and listening. Communication Problem Solving Identifying weakness in opposition, devising tactics and strategies.	Skills Builder key focus: Speaking and listening. Communication Problem Solving Identifying weakness in opposition, devising tactics and strategies.	Skills Builder key focus: Speaking and listening. Communication Problem Solving Identifying weakness in opposition, devising tactics and

	<p>Responding to setbacks Learning from Mistakes</p> <p>Leadership Leading others, small group warm ups and activities</p>	<p>Staying positive Aiming High Responding to setbacks Learning from Mistakes</p> <p>Leadership Leading others, small group warm ups and activities</p>	<p>Creativity. Staying positive Aiming High Responding to setbacks Learning from Mistakes</p> <p>Leadership Leading others, small group warm ups and activities</p>	<p>Creativity. Staying positive Aiming High Responding to setbacks Learning from Mistakes</p> <p>Leadership Leading others, small group warm ups and activities</p>	<p>Creativity. Staying positive Aiming High Responding to setbacks Learning from Mistakes</p> <p>Leadership Leading others, small group warm ups and activities</p>	<p>strategies. Creativity.</p> <p>Staying positive Aiming High Responding to setbacks Learning from Mistakes</p> <p>Leadership Leading others, small group warm ups and activities</p>
End Points	<p>MB1 -</p> <ul style="list-style-type: none"> • Demonstrates limited application of skills and techniques as an individual performer in a sporting activity. Creativity, use of tactics/strategies/compositional ideas and decision-making often shows limited accuracy and fluency. • Ability to maintain performance is inconsistent <p>MB2 -</p> <ul style="list-style-type: none"> • Demonstrates sound application of skills and techniques as an individual performer in a sporting activity. • Creativity, use of tactics/strategies/compositional ideas and decision-making shows some accuracy and fluency. • Ability to maintain performance with some consistency <p>MB3 -</p> <ul style="list-style-type: none"> • Demonstrates comprehensive application of skills and techniques as an individual performer in a sporting activity. • Creativity, use of tactics/strategies/compositional ideas 	<p>MB1 -</p> <ul style="list-style-type: none"> • The review of their performance is basic. Outlines strengths and weaknesses, with limited explanation. • The application of practice methods is basic and addresses in a limited way the weaknesses where improvement is needed <p>MB2 -</p> <ul style="list-style-type: none"> • The review of their performance is sound in some aspects. Describes strengths and weaknesses with some explanation and justification. The application of practice methods is sound and adequately addresses the weaknesses where improvement is needed. <p>MB3 -</p> <ul style="list-style-type: none"> • The review of their performance is detailed in most 	<p>MB1 -</p> <ul style="list-style-type: none"> • Creates a basic plan which considers a limited number of requirements for an effective and safe sports activity session. Completes a basic risk assessment which considers few of the requirements for a safe sports activity session <p>MB2 -</p> <ul style="list-style-type: none"> • Creates a generally appropriate and sound plan which considers some of the requirements for an effective and safe sports activity session. Completes an appropriate and adequate risk assessment which considers some of the requirements for a safe sports activity session <p>MB3 -</p>	<p>MB1 -</p> <ul style="list-style-type: none"> • Follows a plan showing limited flexibility with the approach. Can make adaptations but is dependent on assistance. Demonstrates a limited range of relevant leadership skills and knowledge during a sports activity session. Is dependent on assistance to follow safe practice and to ensure equipment is used safely. Communication skills are limited and use of motivational techniques is hesitant. <p>MB2 -</p> <ul style="list-style-type: none"> • Follows a plan and shows a sound ability to be flexible and adapts the plan on some occasions, with some 	<p>MB1 -</p> <ul style="list-style-type: none"> • Outlines a few areas that went well and did not go well in the planned sports activity session. Briefly outlines a few areas that needed to be adapted in the planned sports activity session. Makes basic suggestions for altering the plan going forward <p>MB2 -</p> <ul style="list-style-type: none"> • Describes some areas that went well and did not go well in the planned sports activity session. Describes some areas that needed to be adapted in the planned sports activity session. Shows some reflection and analysis when 	<p>MB1 -</p> <ul style="list-style-type: none"> • Demonstrates a basic understanding of the different media sources relevant to their club's sporting activity. Provides limited links to a few media sources and identifies how they might be used to provide information to their club's spectators. Gives limited recommendations of the media sources that would most benefit their club. <p>MB2 -</p> <ul style="list-style-type: none"> • Demonstrates an adequate understanding of the different media sources relevant to their club's sporting activity. Provides sound links to some different media

	<p>and decision-making shows accuracy and fluency on most occasions.</p> <ul style="list-style-type: none"> Ability to maintain performance is consistent and confident. 	<p>aspects. Comprehensively describes the strengths and weaknesses with in-depth analysis and justification.</p> <ul style="list-style-type: none"> The application of practice methods is considered and comprehensively addresses the weaknesses where improvement is needed 	<ul style="list-style-type: none"> Creates a fully appropriate and comprehensive plan which considers most of the requirements for an effective and safe sports activity session. Completes an appropriate and comprehensive risk assessment which considers most of the requirements for a safe sports activity session 	<p>assistance. Demonstrates a range of relevant leadership skills and knowledge during a sports activity session. Follows safe practice and ensures equipment is used safely when assisted. Communication skills are adequate and use of motivational techniques is adequate.</p> <p>MB3 -</p> <ul style="list-style-type: none"> Follows a plan and can adapt it confidently and independently, as required. Confidently demonstrates a wide range of well developed, relevant leadership skills and knowledge during a sports activity session. Independently follows safe practice and ensures equipment is used safely. Communication skills are effective and use of motivational techniques is clear and confident 	<p>altering the plan.</p> <p>MB3 -</p> <ul style="list-style-type: none"> Comprehensively describes most areas that went well and did not go well in the planned sports activity session. Comprehensively describes all areas that needed to be adapted in the planned sports activity session. Shows detailed analysis when altering the plan, with justified suggestions. 	<p>sources and provides a range of examples of how they might be used to provide information to their club's spectators. Gives sound recommendations of the media sources that would most benefit their club</p> <p>MB3 -</p> <ul style="list-style-type: none"> Demonstrates a comprehensive understanding of the different media sources relevant to their club's sporting activity. Provides detailed links to most of the different media sources and provides a wide range of examples of how they might be used to provide information to their club's spectators. Gives clear and detailed recommendations of the media sources that would most benefit their club.
--	---	---	---	--	---	--

Aspirations & Careers

PE Careers week – emphasis on career pathways through studying PE/Sport
 Development of key skills – Teamwork, leadership, organisation, communication
 Extra-curricular clubs – different clubs each Half term, linked to curriculum.
 External coaches – Q&A sessions with professional external coaches (Rugby/Cricket/Swimming) supporting curriculum delivery.
 School games – competitions within the Sunderland School Games framework

	School teams - Competitive school teams in Football, Netball, Rugby and Cricket amongst others.
--	---