

St James Catholic High School- Cambridge National Sports Studies- Programme of Study Year One

Staff- Matt Reid	Half Term 1	October Half Term	Half Term 2	Christmas Break	Half Term 3	February Half Term
	R185 Performance and Leadership		R185 Performance and Leadership		R185 Performance and Leadership	
	Task 1- Performance in 2 Sporting Activities		Task 1- Performance in 2 Sporting Activities		Task 1- Performance in 2 Sporting Activities	
	Task 2- Review of Sports Performance in 1 Sporting Activity		Task 2- Review of Sports Performance in 1 Sporting Activity		Task 3- Planning of Sports Coaching Session	
Key Points:	Key Points:	Key Points:				
The primary aim of this unit of work will be assessment of performance in 2 sporting activities as well as completing an in-depth review of your own performance in a sporting activity of choice	This unit of work is a continuation of the previous half terms work where learners will continue to reflect on their own performance in a sport of choice and will continue to test and measure improvements in their performance. This unit will also allow them to reflect on the effectiveness of their action plans	This unit of work will continue to assess learners practical ability in 2 sports of their choice. It will also involve independently planning for a sports coaching session which they will later deliver to a group of Y7 children. Learners will also create a risk assessment to keep everyone safe.				
Key Tasks:	Key Tasks:	Key Tasks:				
1. Highlight Strengths and Areas for Improvement in Performance	3. Create Action Plans to Improve Performance	1. Participation in 2 Sporting Activities				
2. Testing of Performance Skills	4. Measuring Improvements in Performance	3. Completion of Sports Coaching Session Plan				
3. Create Action Plans to Improve Performance						
4. Measuring Improvements in Performance						

Half Term 4	Easter Break	Half Term 5	May Half Term	Half Term 6	Summer Break
<p>R185 Performance and Leadership</p> <p>Task 4- Delivery of Sports Coaching Session</p> <p>Task 5- Review of Sports Coaching Session</p> <p>The first part of this half term will be spent delivering an independently planned sports coaching session to a group of Y7 children</p> <p>R184 Contemporary Issues in Sport</p> <p>Topic Area One: Issues Affecting Sports Participation</p> <p>1.1 Identify User Groups</p> <p>1.2 Barriers To Participation</p> <p>In this unit of work learners will identify the user groups that take part in sport and also consider the barriers that they might face when participating in sport</p>		<p>R184 Contemporary Issues in Sport</p> <p>1.3 Possible Barrier Solutions</p> <p>This unit of work will investigate the solutions that can be put in place to help user groups overcome barriers</p> <p>1.4 Issues Affecting Participation in Sport</p> <p>This unit of work will consider the issues that may affect participation in sport in a positive and negative way</p> <p>1.5 New/ Emerging Sports</p> <p>The final unit of work of Topic Area 1 will be a research task which will involve deepening knowledge of emerging sports in the UK</p> <p>Revision and Topic Area One Exam</p>		<p>R187 Outdoor Adventurous Activities</p> <p>Task 1- Introduction to Outdoor Adventurous Activities</p> <p>Task 3- Planning and Participation in Outdoor Adventurous Activity</p> <p>Key Points:</p> <p>This unit of work will introduce learners to the different outdoor adventurous activities both regionally and nationally. This will lead to learners planning for and participating in an Outdoor Adventuours Activity.</p> <p>Key Tasks:</p> <p>1. Introduction to Outdoor Adventuours Activities</p> <p>3. Planning and Participation in Outdoor Adventurous Activities</p>	